

Reformer SCHEDULE

MONDAY

7.00AM
8.00AM
9.15AM
10.30AM
11.45AM (PREHAB/REHAB)
1.00PM (PREHAB/REHAB)

5.30PM
6.30PM

TUESDAY

6.30AM
7.30AM (INTERMEDIATE)
9.15AM
10.30AM
11.45AM
1.00PM (FUNDAMENTAL)

4.30PM
5.45PM
7.00PM

WEDNESDAY

6.30AM
8.00AM
9.15AM (INTERMEDIATE)
10.30AM
11.45AM (PREHAB/REHAB)
1.00PM

5.30PM
6.45PM (MEN ONLY)
7.45PM

THURSDAY

7.00AM
8.00AM
9.15AM
10.30AM
11.45AM
1.00PM

4.30PM
5.45PM
7.00PM

FRIDAY

7.00AM
8.00AM
9.15AM
10.30AM (JUMP/BARRE)
11.45AM
1.00PM
2.00PM (PREHAB/REHAB)

6.15PM

SATURDAY

8.00AM (JUMP)
9.00AM
10.00AM
11.00AM

SUNDAY

9.00AM (RESTORE)
10.00AM (RESTORE)

Mat SCHEDULE

MONDAY

8.00AM
9.15AM
10.30AM
11.45AM (DYNAMIC)
1.00PM

5.30PM
6.45PM (MEN ONLY)

TUESDAY

7.00AM
8.00AM
9.15AM
10.30AM (MUM AND BABY)
11.45AM
1.00PM

4.30PM
5.45PM
7.00PM (INTERMEDIATE)

WEDNESDAY

7.00AM (INTERMEDIATE)
8.00AM
9.15AM
10.30AM
11.45AM
1.00PM (DYNAMIC)

5.30PM (BACK PAIN)
6.30PM
7.30PM (INTERMEDIATE)

THURSDAY

9.15AM
10.30AM (GENTLE)
12.00PM (EDS &
HYPERMOBILITY)

5.45PM
7.00PM (INTERMEDIATE)

FRIDAY

9.15AM
10.30AM(DYNAMIC)
11.45AM
1.00PM

5.00PM

SATURDAY

8.30AM (INTERMEDIATE)
9.45AM (PREGNANCY)
11.00AM

SUNDAY

10.00AM (RESTORATIVE)
11.00AM