

Reformer SCHEDULE

MONDAY

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

5.30PM
6.30PM
7.30PM (JUMP)

TUESDAY

7.30AM (INTERMEDIATE)
9.15AM
10.30AM
11.45AM
1.00PM (CONNECT)

5.45PM
7.00PM

WEDNESDAY

6.30AM
8.00AM
9.15AM (INTERMEDIATE)
11.45AM (BASICS)

5.30PM
6.30PM

THURSDAY

8.00AM
9.15AM
10.30AM
11.45AM

4.30PM
5.45PM
7.00PM

FRIDAY

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

5.00PM
6.15PM

SATURDAY

8.00AM (JUMP)
9.00AM
10.00AM
11.00AM

SUNDAY

9.00AM (STRETCH)
10.00AM (STRETCH)
11.00AM (FORTNIGHTLY)