



## REFORMER PILATES

### REFORMER PILATES TIMETABLE

| MONDAY                                               | TUESDAY                                           | WEDNESDAY                                      | THURSDAY                                      | FRIDAY                                         | SATURDAY                                                |
|------------------------------------------------------|---------------------------------------------------|------------------------------------------------|-----------------------------------------------|------------------------------------------------|---------------------------------------------------------|
| <b>6:30am</b><br>REFORMER<br>FOR ALL<br>Anastasia    | <b>6:30am</b><br>REFORMER<br>FOR ALL<br>Anastasia | <b>7:00am</b><br>REFORMER<br>FOR ALL<br>Lucy   | <b>7:00am</b><br>REFORMER<br>FOR ALL<br>Lucy  | <b>8:30am</b><br>REFORMER<br>FOR ALL<br>Lucy   | <b>9:00am</b><br>REFORMER<br>EXPRESS 45<br>Anastasia    |
| <b>7:45am</b><br>REFORMER<br>EXPRESS 45<br>Anastasia | <b>9:30am</b><br>REFORMER<br>FOR ALL<br>Lydia     | <b>9:15am</b><br>REFORMER<br>FOR ALL<br>Lucy   | <b>9:30am</b><br>REFORMER<br>FOR ALL<br>Jodie | <b>10:15am</b><br>REFORMER<br>FOR ALL<br>Jodie | <b>10:00am</b><br>MENS EXPRESS<br>REFORMER<br>Anastasia |
| <b>9:20am</b><br>REFORMER<br>FOR ALL<br>Jodie        | <b>10:40am</b><br>REFORMER<br>FOR ALL<br>Lydia    | <b>12:30pm</b><br>REFORMER<br>FOR ALL<br>Lucy  |                                               | <b>5:30pm</b><br>REFORMER<br>FOR ALL<br>Lydia  | <b>11:00am</b><br>REFORMER<br>EXPRESS 45<br>Anastasia   |
| <b>10:30am</b><br>REFORMER<br>FOR ALL<br>Jodie       | <b>5:30pm</b><br>REFORMER<br>FOR ALL<br>Laura     | <b>5:30pm</b><br>REFORMER<br>FOR ALL<br>Lauren | <b>7:00pm</b><br>REFORMER<br>FOR ALL<br>Jodie | <b>8:15pm</b><br>REFORMER<br>FOR ALL<br>Lydia  |                                                         |
| <b>5:20pm</b><br>REFORMER<br>FOR ALL<br>Cass         | <b>6:40pm</b><br>REFORMER<br>FOR ALL<br>Laura     | <b>6:40pm</b><br>REFORMER<br>FOR ALL<br>Lauren | <b>8:15pm</b><br>REFORMER<br>FOR ALL<br>Jodie |                                                |                                                         |
| <b>7:30pm</b><br>REFORMER<br>FOR ALL<br>Cass         |                                                   |                                                |                                               |                                                |                                                         |

REFORMER FOR ALL CLASSES ARE AN HOUR | REFORMER EXPRESS 45 IS 45 MINS



MEMBERS

**£7.50**  
PER CLASS



GUESTS

**£15**  
PER CLASS



MEMBER OFFER

BLOCK OF 10 SESSIONS  
**£65**



REFORM - RESET - REPEAT

