



# CK

REFORMER PILATES

## TIMETABLE

### MONDAY

6:30am - Anastasia  
9:20am - Jodie  
10:30am - Jodie  
12:30pm - Jodie  
5:20pm - Cass  
7:30pm - Cass

### TUESDAY

6:30am - Anastasia  
9:30am - Lydia  
10:40am - Lydia  
5:30pm - Laura  
6:40pm - Laura

### WEDNESDAY

7:00am - Lucy  
9:15am - Lucy  
12:30pm - Lucy  
5:30pm - Yvonne  
6:40pm - Ros

### THURSDAY

7:00am - Lucy  
9:30am - Jodie  
5:40pm - Yvonne  
7:00pm - Jodie  
8:15pm - Jodie

### FRIDAY

8:30am - Lucy  
10:15am - Jodie  
1:30pm - Ros  
5:30pm - Lydia  
6:45pm - Lydia

### SATURDAY

9:15am - Lydia  
10:30am - Lydia

### SUNDAY

9:15am - Lydia  
10:30am - Yvonne

*Move better. Feel better. Live better. ♥*



**£7.50 PER CLASS**

Reformer classes are 1hr and for members only.



Cancellations with less than 24 hours notice are non-refundable and non-transferable.