

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Classic Reformer An		Classic Reformer An	Classic Reformer An	Classic Reformer Car		
7:00 AM					Classic Reformer Car		
7:30 AM						Classic Reformer T/Ad	
8:30 AM						Beginners T/Ad	Classic Reformer C
9:15 AM		Classic Reformer C					
9:30 AM						Classic Reformer T/Ad	Classic Reformer C
9:45 AM	Classic Reformer T			Classic Reformer C			
10:30 AM						Classic Reformer T/Ad	
12 NOON					Classic Reformer B		
12:30 PM		Classic Reformer C					
5:00 PM			Classic Reformer Ch	Classic Reformer P			
5:30 PM	Classic Reformer P	Classic Reformer T					
6:00 PM			Beginners Ch	Classic Reformer P			
6:30 PM	Classic Reformer P	Beginners T					
7:00 PM			Classic Reformer Ch				
Instructors	An = Anya. Ad = Adele B = Bianca C = Callie. Car = Carmen Ch = Christina P = Pat. T = Tamara. Instructors may be changed occasionally						
	The timetable may change during holiday periods						
	All group classes are 45 minutes. Private and Semi-Private classes are available on TUESDAY TO FRIDAY during the day, depending on demand. Please see the booking page for times. Please enquire regarding Health Fund refunds						