

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|----------------------------|-----------------------------|-----------------------------|----------------------------|-----------------------------|------------------------------------|----------------------------|
| 6:00 AM | Classic Reformer Anya | | Classic Reformer Anya | Classic Reformer Anya | Classic Reformer Lillian | | |
| 7:00 AM | | | | | Classic Reformer Lillian | | |
| 7:30 AM | | | | | | Classic Reformer Tamara/Lillian | |
| 8:30 AM | | | | | | Beginners Tamara/Lillian | Classic Reformer Callie |
| 9:15 AM | | Classic Reformer Kat | | | | | |
| 9:30 AM | Classic Reformer Callie | | | Classic Reformer Callie | | Classic Reformer Tamara/Lillian | Classic Reformer Callie |
| 10:15 AM | | Semi Private Kat | | | | | |
| 10:30 AM | | | | Semi Private Callie | | Classic Reformer Tamara/Lillian | |
| 12 NOON | | Classic Reformer Kat | Classic Reformer Katie | Classic Reformer Callie | Classic Reformer Bianca | | |
| 5:00 PM | | Classic Reformer Lillian | Classic Reformer Melanie | Classic Reformer Megan | | | |
| 5:30 PM | Classic Reformer Pat | | | | | | |
| 6:00 PM | | Classic Reformer Lillian | Beginners Melanie | Classic Reformer Megan | | | |
| 6:30 PM | Classic Reformer Pat | | | | | | |
| 7:00 PM | | Beginners Lillian | Classic Reformer Melanie | | | | |
| 7:30 PM | Classic Reformer Pat | | | | | | |

Instructors may be changed occasionally.

The timetable may change during holiday periods.

All group classes are 45 minutes. Private and additional Semi-Private classes are available on TUE, THUR & FRI during the day, depending on demand. See the booking page for times. Please enquire regarding Health Fund refunds