

Group Fitness Classes

TIMETABLE

REFORMER STUDIO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15am	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min		
	7:15am	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min		
	8:00am						REFORMER PILATES 45min	REFORMER PILATES 45min
	9:00am						REFORMER PILATES 45min	REFORMER PILATES 45min
	10:00am						REFORMER PILATES 45min	REFORMER PILATES 45min
	11:00am	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min
	12:00pm	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min		REFORMER PILATES 45min		
	4:00pm							REFORMER PILATES 45min
	5:15pm						REFORMER PILATES 45min	
	5:30pm	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min			
	6:30pm	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min			

•At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions. Class times subject to change.