

reformer pilates



	mon	tues	wed	thurs	fri	sat
6:30am			reformer L2 (pim)	reformer jumpboard (anna)	reformer L2 (pim)	
7:30am		reformer L1 (suzi)		reformer L2 (gemma)	reformer L1 (andrew)	
8:00am						reformer L2 (rotating)
9:00am						reformer L1 (rotating)
9:30am		reformer L2 (fran)			reformer L2 (ali)	reformer L1 (rotating)
10:00am						reformer jumpboard (rotating)
11:00am		reformer mums (ali)				
12:00pm	reformer L1 (tash)	reformer L2 (ali)	reformer L1 (andrew)	reformer L1 (sophie)	reformer L2 (gemma)	
1:00pm						
5:30pm	reformer L2 (sophie)	reformer L2 (gemma)	reformer L2 (ali)			
6:30pm	reformer L1 (anna)		pregi reformer (ali)			
7:30pm	reformer L2 (anna)	reformer L1 (sophie)	reformer L1 (sophie)	reformer L2 (tash)		

a minimum of 12 hours notice is required if unable to attend your session or a cancellation fee of \$15 will be charged

bookings essential

*timetable effective October 2018, classes subject to change without notice