

# reformer pilates



	mon	tues	wed	thurs	fri	sat
6:30am			reformer L2 (fran)			
7:30am		reformer L1 (suzie)		reformer L2 (gemma)	reformer L1 (sophie)	
8:00am						reformer L2 (rotating staff)
9:00am						reformer L1 (rotating staff)
9:30am					reformer L2 (ali)	reformer L1 (rotating staff)
10:00am						reformer jumpboard (rotating staff)
11:00am		reformer mums (ali)			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)	reformer L1 (tash)		
6:30pm	reformer L1 (anna)	pregi reformer (rachel)	pregi reformer (ali)	pregi reformer (rochelle)		
7:30pm	reformer L2 (anna)	reformer L1 (rachel)	reformer L1 (sophie)	reformer L2 (rochelle)		

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 August 2019, classes subject to change without notice