

REFORMEDPILATESCO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am		Reformer	Reformer	Reformer	Reformer		
7.30am			Reformer	Reformer		<u>7am</u> Reformer	
8.30am	Reformer	Studio Circuit		Reformer	Reformer	<u>8am</u> Reformer	Reformer
9.30am	Reformer	Reformer	Reformer	Reformer	Reformer	<u>9am</u> Matwork	Reformer
10.30am	Reformed Mobility	Matwork Mobility	Reformed Mobility	Reformed Mobility		<u>10am</u> Beginners	
11.30am		Mums + Bubs*				<u>11am</u> Pregnancy*	
4.30pm	Reformer	Reformer	Reformer	Reformer			
5.30pm	Reformer	Matwork	Reformer	Reformer			
6.30pm	Matwork	Reformer		Reformer			

* These classes are run as a 5 week term. For more information, please view the Pre/Post Natal page.