



## Reformer Class Schedule - Effective June 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5.00am</b>	Triple A		Total Body		Total Body		
<b>5.30am</b>		Strength & Cardio		Triple A			
<b>6.00am</b>	Strength & Cardio		Jumpboard		Strength & Cardio		
<b>6.30am</b>		Triple A		Total Body			
<b>7.00am</b>	Total Body		Total Body		Total Body	Jumpboard	Triple A
<b>7.30am</b>		Stretch & Tone		Strength & Cardio			
<b>8.00am</b>	Stretch & Tone		Triple A		Stretch & Tone	Total Body	Total Body
<b>8.30am</b>		Total Body		Jumpboard			
<b>9.00am</b>	Total Body		Total Body		Total Body	Total Body	Stretch & Tone
<b>9.30am</b>		Triple A		Total Body			
<b>10.00am</b>						Advanced	Total Body
<b>10.30am</b>	Pre & Postnatal				Pre & Postnatal		
<b>11.00am</b>						Introductory	
<b>12.30pm</b>		X-press (30 mins)		X-press (30 mins)			
<b>4.30pm</b>	Total Body	Total Body	Triple A	Total Body	Stretch & Tone		(4:00pm) Total Body
<b>5.30pm</b>	Jumpboard	Strength & Cardio	Total Body	Triple A	Total Body		
<b>6.30pm</b>	Total Body	Jumpboard	Strength & Cardio	Stretch & Tone			

***All classes are 45 minutes duration. Doors open 10 minutes before scheduled start time.  
No admittance 5 minutes after scheduled start time. Timetable subject to change***