



Reformer Class Schedule - Effective May 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.00am	Triple A	Total Body	Total Body	Triple A	Total Body		
6.00am	Strength & Cardio	Triple A	Strength & Cardio	Total Body	Strength & Cardio		
7.00am	Total Body	Stretch & Tone	Total Body	Triple A	Total Body	Jumpboard	Stretch & Tone
8.00am	Stretch & Tone	Total Body	Triple A	Jumpboard	Stretch & Tone	Total Body	Total Body
9.00am	Total Body	Triple A	Total Body	Total Body	Total Body	Total Body	Stretch & Tone
10.00am	Pre & Postnatal (10:30am)				Pre & Postnatal (10:30am)	Advanced	Total Body
11.00am						Introductory	
4.30pm	Total Body	Total Body	Triple A	Total Body	Stretch & Tone		
5.30pm	Jumpboard	Strength & Cardio	Total Body	Stretch & Tone	Total Body		Total Body (4:00pm)
6.30pm	Total Body	Jumpboard	Total Body	Total Body			

All classes are 45 minutes duration. Doors open 10 minutes before scheduled start time. Timetable subject to change