



Class Schedule - Effective 1st November 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.30am						
6.00am	Total Body Reform		Total Body Reform	Total Body Reform	Total Body Reform	
6.30am		Total Body Reform				Jumpboard Reformer
7.00am	Total Body Reform		Total Body Reform	Total Body Reform	Total Body Reform	
7.30am		Total Body Reform				Total Body Reform
8.00am	Total Body Reform		Total Body Reform	Total Body Reform	Total Body Reform	
8.30am		Total Body Reform				Total Body Reform
9.00am	Total Body Reform		Total Body Reform	Total Body Reform	Total Body Reform	
4.30pm	Total Body Reform		Total Body Reform	Total Body Reform		
5.30pm	Total Body Reform	Total Body Reform	Total Body Reform	Total Body Reform		
6.30pm		Total Body Reform	Total Body Reform			

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