



Class Schedule - Effective March 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	HIIT Reformer		HIIT Reformer	HIIT Reformer	HIIT Reformer		
6.30am		Total Body Reform					
7.00am	Beginner Reformer		Total Body Reform	Beginner Reformer	Total Body Reform	Jumpboard Reformer	
7.30am		Total Body Reform					
8.00am	Stretch & Flow		Stretch & Flow	Stretch & Flow	Stretch & Flow	Total Body Reform	
8.30am		Total Body Reform					
9.00am	Total Body Reform		Total Body Reform	Total Body Reform	Total Body Reform	Total Body Reform	Stretch & Flow
9.30am							
10.00am							Total Body Reform
4.30pm	Total Body Reform		Beginner Reformer	Total Body Reform			
5.30pm	Total Body Reform	Total Body Reform	Total Body Reform	Stretch & Flow			
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