



Class Schedule - Effective 1st November 2019

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|-------------------|-------------------|-------------------|-------------------|-------------------|--------------------|
| 6.00am | HIIT Reformer | | HIIT Reformer | HIIT Reformer | HIIT Reformer | |
| 6.30am | | Total Body Reform | | | | Jumpboard Reformer |
| 7.00am | Beginner Reformer | | Total Body Reform | Beginner Reformer | Total Body Reform | |
| 7.30am | | Total Body Reform | | | | Total Body Reform |
| 8.00am | Stretch & Flow | | Stretch & Flow | Stretch & Flow | Stretch & Flow | |
| 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