

REFORMER *Pilates*

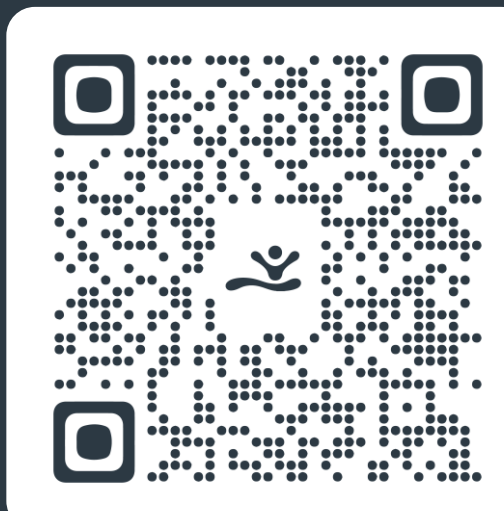
CLASS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING SESSIONS	Reformer Pilates 5:15 – 6:00	Reformer Pilates 5:15 – 6:00	Reformer Pilates 5:15 – 6:00	Reformer Pilates 5:15 – 6:00	Reformer Pilates 5:15 – 6:00	
	Reformer Pilates 6:15 – 7:00	Reformer Pilates 6:15 – 7:00	Reformer Pilates 6:15 – 7:00	Reformer Pilates 6:15 – 7:00	Reformer Pilates 6:15 – 7:00	Reformer Pilates 7:00 - 7:45
	Reformer Pilates 8:15 – 9:00	Reformer Pilates 8:15 – 9:00	Reformer Pilates 8:15 – 9:00			Reformer Pilates 7:50 – 8:35
	Reformer Pilates 9:15 – 10:00	Reformer Pilates 9:15 – 10:00	Reformer Pilates 9:15 – 10:00	Reformer Pilates 9:15 – 10:00	Reformer Pilates 9:15 – 10:00	Reformer Pilates 8:40 – 9:25
EVENING SESSIONS	Reformer Pilates 5:15 – 6:00	Reformer Pilates 5:15 – 6:00	Reformer Pilates 5:15 – 6:00	Reformer Pilates 5:15 – 6:00		
	Reformer Pilates 6:15 – 7:00	Reformer Pilates 6:15 – 7:00	Reformer Pilates 6:15 – 7:00	Reformer Pilates 6:15 – 7:00		

Reformer Pilates is a moderate intensity bodyweight style class using resistance springs and straps to sculpt and tone your body. The all-levels training delivered in a layered format, encourages flexibility, balance, co-ordination, core stability and strength.

Classes are 45 minutes duration.



Our timetables are also online!

← SCAN ME!