

# REFORMER *Pilates*

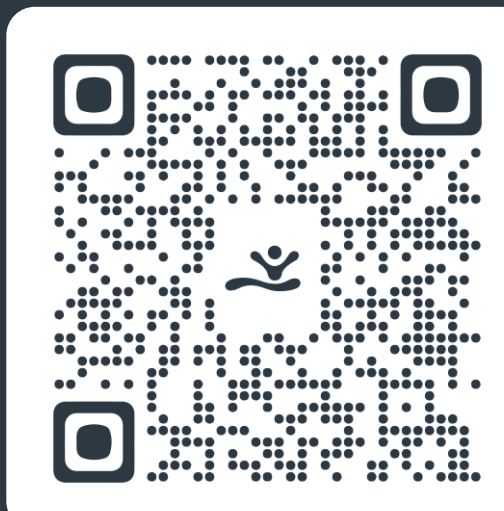
## CLASS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	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 8:15 – 09:00		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 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 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!**



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## CLASS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING SESSIONS	Reformer Pilates 5:15 – 6:00 Heather (from Mid-May)	Reformer Pilates 5:15 – 6:00 Mary (from Mid-May)	Reformer Pilates 5:15 – 6:00 Heather	Reformer Pilates 5:15 – 6:00 Mary (from 8/4)	Reformer Pilates 5:15 – 6:00 David (from Mid-May)	
	Reformer Pilates 6:15 – 7:00 Heather (from Mid-May)	Reformer Pilates 6:15 – 7:00 Mary (from Mid-May)	Reformer Pilates 6:15 – 7:00 Heather	Reformer Pilates 6:15 – 7:00 Mary (from 8/4)	Reformer Pilates 6:15 – 7:00 David (from Mid-May)	Reformer Pilates 7:00 - 7:45 Nadine/Nikki
	Reformer Pilates 8:15 – 9:00 Nadine	Reformer Pilates 8:15 – 9:00 Nadine	Reformer Pilates 8:15 – 9:00 Maddie			Reformer Pilates 7:50 – 8:35 Nadine/Nikki
	Reformer Pilates 9:15 – 10:00 Nadine	Reformer Pilates 9:15 – 10:00 Nadine	Reformer Pilates 9:15 – 10:00 Maddie	Reformer Pilates 9:15 – 10:00 Maddie (from 8/4)	Reformer Pilates 9:15 – 10:00 Maryam	Reformer Pilates 8:40 – 9:25 Nadine/Nikki
EVENING SESSIONS	Reformer Pilates 5:15 – 6:00 Nadine	Reformer Pilates 5:15 – 6:00 Maddie (from 8/4)	Reformer Pilates 5:15 – 6:00 Mary (from Mid-May)	Reformer Pilates 5:15 – 6:00 Maddie (from 8/4)		
	Reformer Pilates 6:15 – 7:00 Nadine	Reformer Pilates 6:15 – 7:00 Maddie (from 8/4)	Reformer Pilates 6:15 – 7:00 Mary (from Mid-May)	Reformer Pilates 6:15 – 7:00 Maddie (from 8/4)		

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