



REFORMER PILATES - TIMETABLE

As at 1 May 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00am	(B) REFORMER PILATES		(B) REFORMER PILATES		(B) REFORMER PILATES		
07:00am		(B) REFORMER PILATES		(B) REFORMER PILATES	(B) REFORMER PILATES		
08:00am				(B) REFORMER PILATES		(B) REFORMER PILATES	(B) REFORMER PILATES
08:30am	(B) REFORMER PILATES		(B) REFORMER PILATES				
09:00am						(B) REFORMER PILATES	(B) REFORMER PILATES
09:30am	(B) REFORMER PILATES	(B) REFORMER PILATES	(B) REFORMER PILATES	(B) REFORMER PILATES	(B) REFORMER PILATES		
10:00am						(B) REFORMER PILATES	(B) REFORMER PILATES
10:30am	(B) REFORMER PILATES		(B) REFORMER PILATES				
11:00am							
12:00pm							
16:00pm	(B) REFORMER PILATES	(B) REFORMER PILATES	(B) REFORMER PILATES		(B) REFORMER PILATES		
17:00pm	(B) REFORMER PILATES	(B) REFORMER PILATES	(B) REFORMER PILATES	(B) REFORMER PILATES			
18:00pm			(B) REFORMER PILATES				

- VIRTUAL REFORMER PILATES CLASSES COMING SOON.
- Timetable subject to change based on instructor availability.
- Please make sure you arrive at least 5 minutes before the starting time, as instructors will not allow entry to any latecomers. This ensures all classes continue to run on time and don't impact later sessions.
- Please bring your own towel to each class and to wipe down equipment using provided sanitation products after use.

