



REFORMER PILATES - TIMETABLE

As at 4th of November 2024

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

- 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.