



REFORMER PILATES - TIMETABLE VIRTUAL

As at 24th September 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:15am	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS
06:00am				🕒 VIRTUAL		🕒 VIRTUAL	🕒 VIRTUAL
07:00am						🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS
07:30am			🕒 VIRTUAL EXPRESS				
08:15am		🕒 VIRTUAL EXPRESS		🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS		
09:30am							
10:00am							
11:00am				🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS
11:30am						🕒 VIRTUAL	🕒 VIRTUAL
12:00pm	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL
13:00pm	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS		
13:30pm	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL	🕒 VIRTUAL
14:00pm	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL
15:00pm	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL
16:00pm						🕒 VIRTUAL	🕒 VIRTUAL
17:00pm						🕒 VIRTUAL	🕒 VIRTUAL
18:00pm						🕒 VIRTUAL	🕒 VIRTUAL
18:30pm	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS		
19:00pm	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL
20:00pm	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL
21:00pm	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL

Important Reminders:

- **Attend a Face-to-Face Session:** Before starting your virtual classes, please attend an in-person session to familiarise yourself with the safety aspects of the reformer. Each reformer is different, and we want to ensure you feel confident and safe using ours.
- **Booking Requirement:** Please remember to book into your virtual reformer classes. Members who book in advance will have priority access to the reformer machines.
- **Studio Access:** When entering and exiting the studio, please ensure that the door is securely closed behind you.
- **Duress Alarm:** If you are one of the first two members in the class, kindly pick up a duress alarm as a safety measure. The alarms are located on a hook above the fire extinguisher to the left of the room.
- **Equipment Care:** After each session, please clean your reformer and all equipment used. Ensure all springs are placed back, and that boxes, circles, and balls are returned to the right-hand side of your reformer. Weights should be neatly stored under the reformer at the end of the session.
- **Pregnancy or Injuries:** If you are pregnant or dealing with an injury that may affect your class, we strongly encourage you to attend a face-to-face session. This helps prevent any strain or injury and ensures you can train safely, as our virtual classes are not designed to support these specific needs.

