



REFORMER PILATES - TIMETABLE

As at 9th April 2025

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|----------------------|----------------------|----------------------------|----------------------------|------------------------|----------------------|----------------------|
| 05:30am | | | (B) REFORMER PILATES 45MIN | (B) REFORMER PILATES 45MIN | | | |
| 06:15am | | | (B) REFORMER PILATES 45MIN | (B) REFORMER PILATES 45MIN | | | |
| 06:00am | (B) REFORMER PILATES | (B) REFORMER PILATES | | | (B) REFORMER PILATES | | |
| 07:00am | (B) REFORMER PILATES | (B) REFORMER PILATES | (B) REFORMER PILATES 45MIN | (B) REFORMER PILATES 45MIN | (B) REFORMER PILATES | | |
| 07:30am | | | | | | | |
| 07:45am | | | (B) REFORMER PILATES 45MIN | (B) REFORMER PILATES 45MIN | | | |
| 08:00am | | | | | | (B) REFORMER PILATES | (B) REFORMER PILATES |
| 08:30am | (B) REFORMER PILATES | (B) REFORMER PILATES | (B) REFORMER PILATES | | Clinical Reformer (EP) | | |
| 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 |
| 16:00pm | (B) REFORMER PILATES | | (B) REFORMER PILATES | | (B) REFORMER PILATES | | |
| 16:30pm | | (B) REFORMER PILATES | | | | | |
| 17:00pm | (B) REFORMER PILATES | | (B) REFORMER PILATES | (B) REFORMER PILATES | (B) REFORMER PILATES | | |
| 17:30pm | | (B) REFORMER PILATES | | | | | |

- 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.