



REFORMER PILATES - TIMETABLE

As at 14th May 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							
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	(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.

