

# Autumn Weekly Calendar

Time	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
6.00am	Reformer	Fit & Strong 	Cardio Reformer	Fit & Strong 	Reformer	Barre	Reformer		Reformer				
6.30am													
7.00am	Reformer	Matwork	Reformer	Barre	Reformer	Fit & Strong 	Reformer		Reformer		Reformer		
7.30am											Physio Barre	Fit & Strong 	
8.00am					Matwork				Matwork		Cardio Reformer		
8.30am	Cardio Reformer		Reformer		Reformer			Physio Reformer	Physio Reformer			Matwork	
9.00am			Physio Barre			Physio Matwork 					Reformer		
9.30am	Physio Reformer	Fit & Strong 		Physio Matwork 				Physio Reformer	Physio Matwork 		Physio Matwork 		Roll & Release
10.00am			Physio Reformer		Physio Reformer						Reformer		
10.30am	Matwork							Physio Stretch Reformer	Physio Stretch Reformer	Fit & Strong 55+ 			
11.00am		Fit & Strong 55+ 				Fit & Strong 55+ 							
12.00pm													
4.00pm			Reformer	Stretch & Mobility 									
4.30pm	Reformer				Reformer								
5.00pm			Matwork	Reformer				Physio Reformer					
5.30pm	Reformer	Barre			Reformer								
6.00pm			Reformer	Physio Fit & Strong 						Physio Fit & Strong 			
6.30pm	Reformer	Roll & Release			Stretch Reformer								
7.00pm													



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