

Group Class Timetable

Feb 2024

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Time												
6.00am	Reformer		Cardio Ref	Fit & Strong	Reformer	Barre	Reformer		Reformer			
6.30am												
7.00am	Reformer		Reformer		Reformer	Fit & Strong	Reformer		Reformer		Reformer	
7.30am												Barre
8.00am										Hiit Cardio Pilates	Reformer	
8.30am	Reformer		Reformer		Reformer		Reformer		Reformer			Matwork
9.00am											Reformer	
9.30am		Matwork	Reformer		Matwork		Reformer		Reformer			Barre
10.00am											Reformer	
10.30am	Reformer	Osteo Blast			Reformer	Osteo Blast	Stretch Reformer		Reformer	Osteo Blast		
11.00am												
4.00pm			Reformer									
4.30pm	Reformer				Reformer		Reformer		Reformer			
5.00pm				Barre								
5.30pm	Reformer				Reformer		Reformer		Reformer			
6.00pm		Fit & Strong	Reformer			Matwork						
6.30pm		Mat Stretch			Stretch Reformer		Reformer					
7.00pm				Men's Core								



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