Refarmer Timetable

Mon

8am, 9am
Reformer: Mixed Ability

12:00pm
Tower: All Abilities

1pm
Reformer: Rehab

2pm
Postnatal Pilates

5:30pm
Reformer

6:30pm
Tower: All Abilities

7:30pm
Refomer: Mixed Ability

Tues

8:15am, 9:30am
Reformer: Mixed Ability

10:30am
Postnatal Reformer: The Next Level

5:30pm
Reformer: Mixed Ability

6:30pm
Tower: All Abilities (Inc Prental)

7:30pm
Refomer: Men Only

Weds

6:10am
Reformer: Mixed Ability

7am
Reformer: Beginner

8:15am & 9:30am,
Reformer: Mixed Ability

10:45am
Postnatal Reformer: The Next Level

12:45pm
Reformer: Mixed Ability

5:45pm
Refomer: Beginner

6:45pm & 7:45pm
Reformer Mixed Ability

Thurs

8:30 & 9:30am
Dynamic Reformer

10:30am
Postnatal Reformer: The Next Level

11:30
Reformer: Prenatal

12:45pm
Reformer: Mixed Ability

5:30pm & 6:30pm
Reformer: Mixed Ability

7:30pm
Tower: All Abilities

Fri

6:15am & 7:15am
Reformer: Mixed Abilities

9:45am
Reformer: Intermediate

11am
Reformer: Mixed Abilities

12:00pm
Reformer: Intermediate

1pm
Reformer: Men Only

Sat

7:30am
Reformer: Mixed Ability

8:30am
Reformer: Intermediate

9:30am
Reformer: Beginner

10:30am
Tower: All Abilities (Inc Prenatal)

Sun

8:15am
Tower: All Abilities

9:15am & 10:15am
Reformer: Mixed Abilities