

Reformer Pilates Timetable

Mon

8am
Beginner Reformer

9am
Mixed Ability
Reformer

11am
Mixed Ability
Reformer

12pm
Tower: Mixed Ability

1pm
Rehab Reformer

Tues

8.15 & 9.15am
Mixed Ability
Reformer

10.30am
Postnatal Reformer:
The Next Level

12pm
Mixed Ability
Reformer

1pm
Tower: Mixed Ability

Weds

7.10am
Beginner Reformer

6.10 & 9.30am
Mixed Ability
Reformer

10.45am
Postnatal Reformer:
The Next Level

11.45am
Postnatal Reformer:
The Beginning

12.45pm
Mixed Ability
Reformer

5.45pm
Intermediate
Reformer

6.45pm
Tower: Mixed Ability

7.45pm
Mixed Ability
Reformer

Thurs

6.30 & 7.30am
Tower: Mixed Ability

8.30 & 9.30am
Dynamic Reformer

10.45am
Postnatal Reformer:
The Next Level

11.45am
Prenatal Reformer

12.45pm
Beginner Reformer

5.30 & 6.30pm
Mixed Ability
Reformer

7.30pm
Tower: Mixed Ability

Fri

6.15am
Mixed Ability
Reformer

7.15am
Mixed Ability
Reformer

9.45am
Intermediate
Reformer

11am
Beginner Reformer

12pm
Mixed Ability
Reformer

1pm
Men Only
Reformer

Sat

7.30am
Mixed Ability
Reformer

8.30am
Intermediate
Reformer

9.30am
Beginner Reformer

10.30am
Tower: Mixed Ability

Sun

8.30am
Tower: Mixed Ability

9.30am
Mixed Ability
Reformer

10.30am
Beginner Reformer