

# Reformer Pilates Timetable

## Mon

8am  
Beginner Reformer

9am  
Mixed Ability  
Reformer

12pm  
Tower: All Abilities

1pm  
Rehab Reformer

6.30pm  
Tower: All Abilities

7:30pm  
Mixed Ability  
Reformer

## Tues

8.15 & 9.15am  
Mixed Ability  
Reformer

10.30am  
Postnatal Reformer:  
The Next Level

12pm  
Mixed Ability  
Reformer

1pm  
Prenatal Tower

5:30pm  
Mixed Ability  
Reformer

6.30pm  
Prenatal Tower

7:30pm  
Men Only  
Reformer

## Weds

6.10, 7.10 & 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: All Abilities

7.45pm  
Mixed Ability  
Reformer

## Thurs

6.30 & 7.30am  
Tower: All Abilities

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: All Abilities

## Fri

6.15 & 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: All Abilities

## Sun

8.30am  
Tower: All Abilities

9.30am  
Mixed Ability  
Reformer

10.30am  
Beginner Reformer