

Reformer Pilates Timetable

Mon

8am
Beginner Reformer

9am
Mixed Ability
Reformer

12pm
Tower: Mixed Ability

1pm
Mixed Ability
Reformer

2pm
Senior 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

7.15 & 8.45am
Mixed Ability
Reformer

9.45am
Intermediate
Reformer

11am
Beginner Reformer

12 & 1pm
Mixed Ability
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