

Reformer Pilates Timetable

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
		6.10 & 7.10am Mixed Ability Reformer	6.10 & 7.10am Tower: Mixed Ability	6.15am Men Only Reformer	7.30am Mixed Ability Reformer	8.30am Tower: Mixed Ability
8am Beginner Reformer	8.15am Mixed Ability Reformer	9.30am Mixed Ability Reformer	8.30 & 9.30am Dynamic Reformer	7.15 & 8.45am Mixed Ability Reformer	8.30am Intermediate Reformer	9.30am Mixed Ability Reformer
9am Mixed Ability Reformer	9.15am Beginner Reformer	10.45am Postnatal Reformer: The Next Level	10.45am Postnatal Reformer: The Next Level	9.45am Intermediate Reformer	9.30am Mixed Ability Reformer	10.30am Beginner Reformer
12pm Tower: Mixed Ability	10.30am Postnatal Reformer: The Next Level	11.45am Postnatal Reformer: The Beginning	11.45am Prenatal Reformer	11am Beginner Reformer	10.30am Tower: Mixed Ability	
1pm Mixed Ability Reformer	12pm Mixed Ability Reformer	12.45pm Mixed Ability Reformer	12.45pm Beginner Reformer	12 & 1pm Mixed Ability Reformer		
2pm Senior Reformer	1pm Tower: Mixed Ability	5.45pm Intermediate Reformer	5.30 & 6.30pm Mixed Ability Reformer			
5.45pm Beginner Reformer		6.45pm Tower: Mixed Ability	7.30pm Tower: Mixed Ability			
6.45pm Mixed Ability Reformer		7.45pm Mixed Ability Reformer				
7.45pm Tower						