

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5.45am - 6.30am	Reformer			Reformer			
6am - 6.45am		Reformer	Reformer		Cardio Ref		
7am - 7.45am			Reformer		Reformer	7am - 7.45am	Reformer
8.30am - 9.15am						7.50am - 8.35am	Reformer
9.30am - 10.15am	Reformer			Reformer		8.45am - 9.30am	Mat
10.20am - 11.05am						9.35am - 10.20am	Intro Reformer
4.10pm - 4.55pm							
5pm - 5.45pm	Mat Stretch	Reformer	Reformer	Mat Core			
6pm - 6.45pm	Reformer	Reformer	Mat	Reformer			
6.50pm - 7.35pm							