



REFORMER TIMETABLE

	MON	TUE	WED	THUR	FRI	SAT
6.00am	REFORMER	GENTLE REFORMER	REFORMER	GENTLE REFORMER	REFORMER	
7.00am	GENTLE REFORMER	REFORMER	GENTLE REFORMER	REFORMER	GENTLE REFORMER	
8.00am	REFORMER		GENTLE REFORMER			REFORMER (8:05am)
9.00am						REFORMER
9.30am	REFORMER	GENTLE REFORMER	REFORMER	GENTLE REFORMER		
10.00am						GENTLE REFORMER
10.30am		REFORMER		REFORMER	REFORMER	
11.00am						REFORMER
12.00pm	GENTLE REFORMER				GENTLE REFORMER	
5.15pm	REFORMER	GENTLE REFORMER	REFORMER	REFORMER	GENTLE REFORMER	
6.15pm	GENTLE REFORMER	REFORMER	REFORMER	GENTLE REFORMER	REFORMER	
7.15pm	REFORMER	GENTLE REFORMER	GENTLE REFORMER	REFORMER		

CLASS	DESCRIPTION
REFORMER	Our standard Reformer class, suitable for those with some prior experience. These sessions are adaptable for all levels, with instructors offering modifications and progressions as needed. We recommend starting with Foundation classes if you're new.
GENTLE REFORMER	Ideal for those looking for a slower-paced session, this class focuses on building confidence with the reformer. You'll learn the foundational movements and become familiar with the equipment in a supportive environment.

- Please ensure you arrive on time.
- Socks must always be worn when using our reformers.
- We recommend grippy socks.

Scan the QR code to
book your spot via
the Client Portal

