



Reformer Class Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				05.30-06.15 Wholebody Cathy	
06.30-.07.15 Whole Body Lea	06.30-.07.15 Whole Body Cathy	06:30-07:15 Stretch and Flow Melissa		06.30-07.15 Wholebody Cathy	
07:30-08:15 Whole Body Lea					07:30-08:15 Whole Body Lauren
08:40-9:10 ABS Express Lea					8.30-9.15 Whole Body Lauren
09.15-10.00 Strength Lea		09:15-10:00 Strength Melissa	09:15-10:00 Whole Body Melissa	09:15-10:00 Strength Lea	9:30-10:00 Ab Express Lauren
		10:15-11:00 Pregnancy Melissa			
		12:30-1:00 30 minute Express Melissa	12:30-13:00 30 Minute Express Lauren		
16:15-17:00 Seniors Lauren			16:30-17:15 Strength Lea		
17:20-18:05 Whole Body Lauren	17:15-18:00 Whole Body Lea	17:20-18:05 Whole Body Lauren	17:20-18:05 Whole Body Lea		
18:15-19:00 Whole Body Lauren		18:15-19:00 Whole Body Lauren	18:10-18:55 Mens Class Lea		
19:10-19:55 Mens Class Lauren					