

REFORMER *Pilates* TIMETABLE

DAY	MORNING	MID-MORNING	AFTERNOON
MON	6:00AM <i>Classic Strength</i>	9:15AM <i>Classic Strength</i>	5:30PM <i>Classic Strength</i>
VIRTUAL <i>Reformer</i>	5am 7:15am	10:15am 11am	4:15pm 6:30pm
TUE	6:00AM 7:05AM <i>Strength + Flow</i>	9:15AM <i>Classic Strength</i>	5:30PM <i>Abs + Ass-ets</i>
VIRTUAL <i>Reformer</i>	5am 7:15am	10:15am 11am	4:15pm 6:30pm
WED	6:00AM <i>Classic Strength</i>	9:15AM <i>Strength + Flow</i>	5:30PM <i>Strength + Flow</i>
VIRTUAL <i>Reformer</i>	5am 7:15am	10:15am 11am	4:15pm 6:30pm
THUR	6:00AM <i>Strength + Flow</i>	9:15AM <i>Classic Strength</i>	5:30PM <i>Abs + Ass-ets</i>
VIRTUAL <i>Reformer</i>	5am 7:15am	10:15am 11am	4:15pm 6:30pm
FRI	6:00AM <i>Flex + Flow</i>	9:15AM <i>Flex + Flow</i>	
VIRTUAL <i>Reformer</i>	5am 7:15am	10:15am 11am	4:15pm 6:30pm
SAT	7:15AM <i>Lucky Dip</i>	8:15AM <i>Lucky Dip</i>	
VIRTUAL <i>Reformer</i>	5am 6am	9am 10am 11am	4pm 5pm 6pm
SUN	5am 6am VIRTUAL <i>Reformer</i>	9am 10am 11am VIRTUAL <i>Reformer</i>	4pm 5pm 6pm VIRTUAL <i>Reformer</i>