

REFORMER ROOM

SCHEDULE

Wed & Thurs Alternate Fortnightly – Check Week A | B

MON

TUE

WED

THURS

FRI

SAT

SUN

AM

A

B

A

B

5:30AM

BASICS

STRENGTH

BASICS

JUMP

BURN

BEND

6:30AM

BASICS

STRENGTH

BASICS

JUMP

BURN

BEND

6:30AM

BASICS

7:30AM

BASICS

STRENGTH

BASICS

JUMP

BURN

BEND

7:30AM

BASICS

BASICS

9:15AM

BASICS
BUBS WELCOME

STRENGTH

BASICS
BUBS WELCOME

JUMP

BURN

BEND
BUBS WELCOME

8:30AM

BURN

BURN

10:15AM

BASICS
BUBS WELCOME

STRENGTH

BASICS
BUBS WELCOME

JUMP

BURN

BEND
BUBS WELCOME

9:30AM

BURN

BASICS

PM

4:30PM

STRENGTH

BASICS

JUMP

BURN

BASICS

BEND

5:30PM

STRENGTH

BASICS

JUMP

BURN

BASICS

BEND

6:30PM

BLITZ

BLITZ

JUMP

BLITZ

BLITZ

BLITZ

Beginner
Friendly

Intermediate /
Advanced

Slow &
Heavy

Low Impact
Cardio

30min Class

MAT ROOM

SCHEDULE

MON

TUE

WED

THURS

FRI

SAT

SUN

AM

5:20AM

BURN

BARRE

BASICS

STRENGTH

6:20AM

BURN

BARRE

BASICS

STRENGTH

6:20AM

BURN

7:20AM

BURN

BARRE

BASICS

STRENGTH

7:20AM

BURN

9:00/
9:15AM

YIN

BASICS

8:20AM

BASICS

9:20AM

BASICS

PM

4:20PM

STRENGTH

BASICS

5:20PM

Vinyasa

STRENGTH

BASICS

6:20PM

STRENGTH

BASICS

6:30PM

Restorative

Beginner
Friendly

Intermediate /
Advanced

Slow &
Heavy