

# Reformer Studio Timetable

\*Pregnancy modifications made  
for babies on board

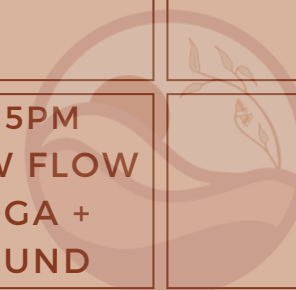
TIME	MON	TUE	WED	THU	FRI	SAT
7:00						
7:30	REFORMER			REFORMER	REFORMER	
8:30		REFORMER GOLD 50+	REFORMER GOLD 50+	REFORMER	REFORMER GOLD 50+	
9:30		REFORMER	REFORMER		BUMPS, MUMS & BUBS REFORMER	9AM REFORMER
10:30		BUMPS, MUMS & BUBS REFORMER	PILATES EQUIPMENT CIRCUIT		PILATES EQUIPMENT CIRCUIT	
11:30			CLINICAL STUDIO PILATES			
1:00PM						
5:00PM	TEEN REFORMER (TERM CLASSES ONLY)			5:30PM REFORMER		
6:00 PM						



# Retreat Room Timetable

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TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:30					RESTORATIVE MAT PILATES		
9:30					BALANCE & STABILITY 50+	GENTLE YOGA	
10:45							
12:00							
3:00 PM							MOTHER CIRCLE (MONTHLY)
5:30 PM	PRENATAL YOGA						5:30PM FREE COMMUNITY YOGA (MONTHLY)
6:00 PM			6:30PM GENTLE YOGA		6:15PM SLOW FLOW YOGA + SOUND		
6:45 PM	YIN RESTORE YOGA			7PM SOUND IMMERSION (MONTHLY)			



VILLAGE  
WELLNESS

# Strength & Fitness Studio Timetable

\*Pregnancy modifications made for babies on board

TIME	MON	TUE	WED	THU	FRI	SAT
7:30			7AM CORE, CARDIO & STRENGTH	PRENATAL FIT		
8:30			STRONG MAT PILATES	SMALL GROUP TRAINING		
9:30	STRENGTH (50+)	STRENGTH		SMALL GROUP TRAINING	STRENGTH & MOBILITY	CORE, CARDIO & STRENGTH
10:30				MUMS & BUBS STRENGTH		(*PREGNANCY MODIFICATIONS MADE FOR BUBS ON BOARD)
11:30				POSTPARTUM PROGRAM 6 WEEK COURSE STARTS 13/02		
6:00 PM	MAT PILATES			6:30PM STRENGTH		

