



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
05.30	REFORMER Veronique	REFORMER Jodie	REFORMER Tayla	ALIGN Tayla	REF/Tower Veronique
06.30	REFORMER Veronique	REFORMER Jodie	REFORMER Tayla	REFORMER Tayla	REF/Tower Veronique
07.30	REFORMER Veronique		LOWER BODY BURN Tayla	ALIGN Tayla	REF/Tower Veronique
09.00	REFORMER Veronique	REFORMER Jodie	FUNDAMENTAL Veronique		REF/Tower Veronique
13.00	REFORMER Tayla		REFORMER Veronique		REFORMER Veronique
16.30	REFORMER Tayla	REF/TOWER Cathy	REFORMER Tayla	REFORMER Veronique	
17.30	REFORMER Tayla	REF/TOWER Cathy	LOWER BODY BURN Tayla	REFORMER Veronique	

### WEEKENDS

	SATURDAY	SUNDAY	** For latest session times, please refer to our online timetable**
06.30	REFORMER Tayla		Private classes available outside timetabled classes
07.30	REFORMER Tayla	REFORMER Veronique	<b>Class styles</b> Fundamental: Those new to Reformer or want to go back to basics/pilates principals. Reformer: use of a spring-loaded system working through Pilates full body repertoire
08.30	REFORMER Tayla	REFORMER Veronique	Align: Restore, Stretch & Rebalance using the reformer. Unilateral work, imbalance work Reformer/Tower: denotes use of Tower, Reformer & Mat work at the instructors' discretion
09.30	FUNDAMENTAL Tayla	RELEASE Veronique	Release: use of franklin balls, release points/breathing & gentle stretching done on a mat & use of Tower on occasions.