

REFORMER PILATES TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05am	CLASSIC Claudia	MOMENTUM Tarsha	MOMENTUM Jo	MOMENTUM Tarsha	HYBRID Anita		
8.15am						MOMENTUM Tarsha	
9.15am	CLASSIC Anita	STRETCH Emma	PERFORM Robyn	CLASSIC Emma	HYBRID Anita		
10.15am							PERFORM Gin
4.45pm	MOMENTUM Emma	PERFORM Gin			PERFORM Meg		
5.30pm		HYBRID Anita	HYBRID Claudia	CLASSIC Robyn			
6.30pm			PERFORM Robyn	STRETCH Robyn			

*Timetable effective from 22nd June 2026