

# REFORMED PILATES CO

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>6.00am</b>	<u>6am</u> Reformer						
<b>6.30am</b>		Reformer	Reformer	Reformer	Reformer		
<b>7.30am</b>			Reformer	Reformer	Reformer	<u>7am</u> Reformer	
<b>8.30am</b>	Reformer			Reformer	Reformer	<u>8am</u> Reformer	
<b>9.30am</b>	Reformer	Reformer	Reformer	Reformer	Reformer	<u>9am</u> Matwork	<u>9am</u> Reformer
<b>10.30am</b>	Reformed Mobility	Matwork Mobility	Reformed Mobility	Reformed Mobility		<u>10am</u> Beginners	<u>10am</u> Reformer
<b>11.30am</b>			Mums + Bubs*			<u>11am</u> Pregnancy*	
<b>4.30pm</b>	Reformer	Reformer		Reformer			
<b>5.30pm</b>	Reformer	Matwork	Reformer	Matwork			
<b>6.30pm</b>	Matwork	Reformer	Reformer	Reformer			

\* These classes are run as a 5 week term. For more information, please view the Pre/Post Natal page.