

# REFORM – U PILATES TIMETABLE

## Monday

6 am  
Reformer

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7am  
Reformer

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9.30am  
Reformer

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10.30am  
Reformer

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4.30pm  
Reformer

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5.30 pm  
Reformer

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6.30 pm  
Reformer

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7.30 pm  
Mat/Barre  
Fusion

## Tuesday

6am  
Reformer

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7am  
Reformer

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9.30am  
Reformer

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10.30am  
Reformer/Barre

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4.30pm  
Reformer

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5.30pm  
Reformer/Barre

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6.30pm  
Reformer

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7.30pm  
Reformer

## Wednesday

6am  
Reformer

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Reformer  
7am

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9.30am  
Reformer

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10.30 am  
Reformer

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4.30pm  
Reformer

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5.30pm  
Reformer

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6.30pm  
Reformer

## Thursday

6am  
Reformer

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7am  
Reformer

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9.30am  
Reformer

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10.30 am  
Reformer

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4.30 pm  
Reformer

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5.30pm  
Reformer

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6.30pm  
Reformer

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7.30 pm  
Reformer

## Friday

6am  
Reformer/Barre

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7am  
Reformer

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9.30am  
Reformer

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10.30am  
Reformer

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## Saturday

7.30am  
Reformer

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8.30am  
Reformer

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9.30am  
Reformer

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10.30am  
Reformer

**Please Note:  
All Classes are  
45min.**