

FEBRUARY CLASS TIMETABLE

Bookings 0448 697 703 or
<https://body-conect.au2.cliniko.com/bookings#service>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15 AM	Reformer P	Reformer P			Reformer P
7:15 AM		Reformer P		Reformer P	
8:15 AM		Reformer P			
9:15 AM	Reformer P	Reformer B	Reformer P	Reformer P	Reformer B
10:15 AM	Reformer P	Matwork B	Reformer B		
4:30 PM	Matwork P		Reformer P		Matwork P
5.00 PM		Matwork P			
5.45 PM	Reformer P				

B= beginner/remedial P = progressive intermediate/strengthening
Private, Duo, and Trio sessions are also available by appointment.

