

FEBRUARY CLASS TIMETABLE

Bookings 0448 697 703 or
<https://body-connect.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.

