

LOFTUS
recreation centre

REFORMER

PILATES

TIMETABLE



REFORMER PILATES **TIMETABLE**

18 July 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00am	REFORMER		REFORMER		REFORMER		
07:30am						REFORMER	
08:30am	REFORMER		REFORMER		REFORMER	REFORMER	
09:30am	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	
10:00am							
10:30am		Stretching		Stretching			
16:00pm							
17:30pm	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
18:30pm	REFORMER		REFORMER				

- Timetable subject to change based on instructor availability.
- Please make sure you arrive at least 5 minutes before the starting time, as instructors will not allow entry to any latecomers. This ensures all classes continue to run on time and don't impact later sessions.
- Please bring your own towel to each class and to wipe down equipment using provided sanitation products after use.