

# REFORMER CLASS TIMETABLE

## MONDAY

7am Tone & Sculpt

11.30am Tone & Sculpt  
Baby Friendly

6pm Pregilates

6pm Tone & Sculpt

7pm Tone & Sculpt

## TUESDAY

9.30am Tone & Sculpt

7pm Tone & Sculpt

## WEDNESDAY

7am Strength & Conditioning

6pm Tone & Sculpt

## THURSDAY

6pm Tone & Sculpt

## FRIDAY

9.30am Functional  
Strength

## SATURDAY

8am Strength & Conditioning

9am Tone & Sculpt

Enjoy any of these classes on a  
Weekly membership from \$20-\$25 per class  
or purchase a class pass and save \$\$

