

# timetable

# body benefits

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am	Reformer	Reformer		Reformer	Reformer	
7:00 am	Private	Private		Semi-Private	Private	Semi-Private
8:00 am	Private	Private	Private	Private	Private	Reformer
9:00 am						Reformer
9:15 am	Reformer	Reformer	Body Barré	Reformer	Reformer	
10:15 am	Private	Private	Private	Private	Private	Private
11:15 am			Private		Private	

Monday – Friday 9.15am classes run in the school term – join anytime