

REFORMERS & REHAB EXERCISE CLASS

TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9am to 10am (Alice)		9am to 10am (Leah)	9:15 to 10:15 (Ashlee)	9:15am to 10:15am (Megan)	7:45am to 8:45am (Alice)
10am to 11am (Alice)	Mums & Bubs 10.15-11.15 (Rebecca)	10am to 11am (Leah)		10:15am to 11:15am (Megan)	8:45am to 9:45am (Alice)
4:00pm to 5:00pm (Rebecca)	3:30pm to 4:30pm (Megan)	4:00pm to 5:00pm (Rebecca)	4:30pm to 5:30pm (Alice)	2:00pm to 3:00pm (Megan)	
5:00pm to 6:00pm (Rebecca)	4:30pm to 5:30pm (Megan)	5:00pm to 6:00pm (Rebecca)	5.30pm to 6:30pm (Alice)		
6:00pm to 7:00pm (Rebecca)	5:30pm to 6:30pm (Megan)	6:00pm to 7:00pm (Rebecca)			

Please call our reception team on 08 9791 1305 for class enquiries or bookings