

REFORMERS & REHAB EXERCISE CLASS

TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9am to 10am (Alice)		9am to 10am (Emma)	6am-7am (Emma)		6:45am to 7:45am (Alice)
10am to 11am (Alice)	Mums & Bubs 10.15-11.15 (Megan)	10am to 11am (Emma)	7am-8am (Emma)	9:15am to 10:15am (Megan)	7:45am to 8:45am (Alice)
11am to 12pm (Alice)			9:15 to 10:15 (Ashlee)	10:15am to 11:15am (Megan)	8:45am to 9:45am (Alice)
4:00pm to 5:00pm (Alternating)	3:30pm to 4:30pm (Megan)	4:00pm to 5:00pm (Emma)	10.15-11.15 (Ashlee)	11:15am to 12:15pm (Megan)	
5:00pm to 6:00pm (Alternating)	4:30pm to 5:30pm (Megan)	5:00pm to 6:00pm (Emma)	4:30pm to 5:30pm (Alice)		
6:00pm to 7:00pm (Alternating)	5:30pm to 6:30pm (Megan)	6:00pm to 7:00pm (Emma)	5.30pm to 6:30pm (Alice)		

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