

REFORMER CLASS SCHEDULE

January 6-March 1, 2025

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|---|--|--|---|---|--|
| 8:00 AM | 8:00am Mixed Apparatus 3 | | | 8:00am Mixed Apparatus 3 1 SPACE | | |
| 8:30 AM | | | | | | |
| 9:00 AM | 9:00am Mixed Apparatus 2 | 9:00am NEW! Intro to Reformer | 9:00am Mixed Apparatus 2 FULL | 9:00am Focused Reformer 2 SPACES | 9:00am Mixed Apparatus 2 2 SPACES | 9:00 AM Focused Reformer 3 SPACES |
| 9:30 AM | | | | | | |
| 10:00 AM | 10:00am Mixed Apparatus 2 | 10:00 AM Springboard FULL | 10:00am Mixed Apparatus 2 FULL | 10:00am Mixed Apparatus 1 FULL | 10:00am Focused Reformer 3 SPACES | 10:00am Mixed Apparatus 2 1 SPACE |
| 10:30 AM | | | | | | |
| 11:00 AM | 11:00am Mixed Apparatus 1 | 11:00am Focused Reformer 2 SPACES | 11:00am Focused Reformer 1 SPACE | 11:00AM Actively Ageing Reformer FULL | 11:00am Actively Ageing Reformer FULL | 11:00am Focused Reformer 3 SPACES |
| 11:30 AM | | | | | | |
| 12:00 PM | 12:00pm Mixed Apparatus 1 | 12:00pm Actively Ageing Reformer FULL | 12:00pm NEW! Intro to Reformer | 12:00pm Focused Reformer 3 SPACES | | 12:00pm Fundamental Reformer 1 SPACE |
| 12:30 PM | | | | | | |
| 1:00 PM | 1:00pm Actively Ageing Chair Pilates (VIRTUAL ONLY) | 1:00pm Mixed Apparatus 1 2 SPACES | 1:00pm Back Care Mixed Apparatus 1 SPACE | 1:00pm Fundamental Reformer 4 SPACES | | |
| 1:30 PM | | | | | | |
| 2:00 PM | | 2:00pm Actively Ageing Reformer 2 SPACES | 2:00pm Focused Reformer 4 SPACES | | | |
| 2:30 PM | | | | | | |
| 3:00 PM | 3:00pm Fundamental Reformer | 3:00pm Focused Reformer 3 SPACES | 3:00pm Fundamental Reformer 4 SPACES | 3:00pm NEW! Intro to Reformer | | |
| 3:30 PM | | | | | | |
| 4:00 PM | 4:00pm Mixed Apparatus 2 | 4:00pm Focused Reformer 3 SPACES | | | | |
| 4:30 PM | | | | | | |
| 5:00 PM | | 5:00pm Mixed Apparatus 2 FULL | 5:00pm Back Care Mixed Apparatus FULL | 5:00pm Focused Reformer 1 SPACE | | |
| 5:30 PM | | | | | | |
| 6:00 PM | 6:00pm Focused Reformer | 6:00pm Focused Reformer FULL | 6:00pm Mixed Apparatus 3 FULL | 6:00pm Focused Reformer 3 SPACES | 6:00pm NEW! Intro to Reformer | |
| 6:30 PM | | | | | | |
| 7:00 PM | 7:00pm Mixed Apparatus 1 | 7:00pm NEW! Intro to Reformer | 7:00pm Mixed Apparatus 2 FULL | 7:00pm Focused Reformer 1 SPACE | | |
| 7:30 PM | | | | | | |
| 8:00 PM | | 8:00pm Mixed Apparatus 1 FULL | | | | |
| 9:00 PM | | | | | | |