

REFORMER CLASS SCHEDULE

November 3-December 20, 2025

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