

REFORMER CLASS SCHEDULE

September 8-October 31, 2026

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