

Reformer Pilates

TIMETABLE

November 2025

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VIRTUAL	6:00am	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)		
	7:00am		Reformer Pilates 60min (Virtual)		Induction 7:15-7:45am			
	8:00am	Induction 8:15-8:45am	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	
	9:00am	Reformer Pilates 60min (Virtual)		Reformer Pilates 60min (Virtual)		Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)
	10:00am	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)
	11:00am		Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)		Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)
	12:00pm	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Induction 12:30-1:00pm	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)
	1:00pm	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)
	2:00pm	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)
	3:00pm	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)
	4:00pm	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)
	5:00pm	Reformer Pilates 60min (Virtual)		Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)		
	6:00pm	Reformer Pilates 60min (Virtual)	Induction 6:00-6:30pm	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)		
	7:00pm	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)		
	8:00pm	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)	Reformer Pilates 60min (Virtual)			
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
IN-PERSON	7:15am	Reformer Pilates 45min (Vanessa)		Reformer Pilates 45min (Bethany)		Reformer Pilates 45min (Belle)		
	9:00am		Reformer Pilates 45min (Nadine)		Reformer Pilates 45min (Nadine)			
	11:15am	Reformer Pilates 45min (Vanessa)				Reformer Pilates 45min (Belle)		
	5:15pm		Reformer Pilates 45min (Robynne)					