

GROUP EXERCISE CLASSES

TIMETABLE

EFFECTIVE
6th OCTOBER 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REFORMER PILATES	5:15am	REFORMER		REFORMER	REFORMER	REFORMER	SEE TIMES BELOW	
	6:15am	REFORMER		REFORMER		REFORMER	REFORMER 7am	
	8:15am	REFORMER	REFORMER	REFORMER		REFORMER	REFORMER 8am	
	9:15am	REFORMER	REFORMER	REFORMER		REFORMER	REFORMER 9am	
	5:15pm	REFORMER	REFORMER	REFORMER	REFORMER			
	6:15pm	REFORMER	REFORMER	REFORMER	REFORMER			

REFORMER
Pilates

All classes are 45 minutes in duration
Book through Active World App THREE (3) days in advance