



Class Schedule

From 23 September 2019

MONDAY			THURSDAY		
9			9		Reformer
10	Mat		10	Mat	
17	Barre				
18	Barre		18		
19	Mat		19		Reformer II
20		Reformer	20	Mat	
TUESDAY			FRIDAY		
			9	Mat	
9			10		Reformer
10		Reformer	11	Barre	
18		Reformer			
19		Reformer			
20	Mat				
WEDNESDAY			SATURDAY		
9	Mat Ladies only		9	Mat	Reformer
10			10	Mat	Reformer II
			11	Barre	
17	Barre		12	Barre	
18		Reformer			
19	Mat				
20		Reformer			

Mat Level II = open to participants with at least 9 months Mat experience.
 Reformer Level II = open to participants with at least 6 months Reformer experience.