

# 2025 REFORMER TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30am Reformer	5:45-6:30am Reformer		5:45-6:30am Reformer			
6:30-7:15am Reformer	6:30-7:15am Reformer		6:30-7:15am Reformer	7:00-7:45am Reformer	7:15-8:00am Reformer	8:00-8:45am Reformer
		9:30-10:15am Reformer	9:30-10:15am Reformer	9:30-10:15am Reformer	9:15-10:00am Reformer	9:00-9:45am Reformer
10:45-11:30am Reformer BEGINNER		10:30-11:15am Reformer	10:30-11:15am Reformer	10:45-11:30am Reformer BEGINNER		
6:15-7:00pm Reformer BEGINNER	5:45-6:30pm Reformer	6:00-6:45pm Reformer	5:45-6:30pm Reformer			
7:15-8:00pm Reformer STRETCH	6:45-7:30pm Reformer	7:00-7:45pm Reformer STRETCH	6:45-7:30pm Reformer			