



**TRAIN
THROUGH
WINTER**

1 JUN - 20 JUL 2026

**REFORMER STUDIO
LEVEL 3, GYM
B25**

GROUP FITNESS

REFORMER STUDIO



MON	TUE	WED	THU	FRI	SAT
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		REFORMER 6:00-6:50AM Chloe		REFORMER 6:00-6:50AM Chloe	REFORMER 8:00-8:50AM Chloe
REFORMER 7:00-7:50AM Ati	REFORMER 7:00-7:50AM Ati	REFORMER 7:00-7:50AM Chloe	REFORMER 7:00-7:50AM Lauren	REFORMER 7:00-7:50AM Chloe	REFORMER 9:00-9:50AM Chloe
REFORMER 12-12:50PM Helen	REFORMER 12-12:50PM Gavin	REFORMER 12-12:50PM Rachel	REFORMER 12-12:50PM Gerard	REFORMER 12-12:50PM Ati	
REFORMER 4:30-5:20PM Lauren	REFORMER 4:30-5:20PM Rachel	REFORMER 4:30-5:20PM Helen	REFORMER 4:30-5:20PM Gerard	REFORMER 4:30-5:20PM Gavin	
REFORMER 5:30-6:20PM Lauren	REFORMER 5:30-6:20PM Rachel	REFORMER 5:30-6:20PM Helen	REFORMER 5:30-6:20PM Gerard	REFORMER 5:30-6:20PM Gavin	
REFORMER 6:30-7:20PM Lauren	REFORMER 6:30-7:20PM Rachel	REFORMER 6:30-7:20PM Helen	REFORMER 6:30-7:20PM Gerard	REFORMER 6:30-7:20PM Gavin	

Terms and Conditions apply:

- Participants must hold a valid membership with Reformer + Total Access to attend classes.
- A towel is required and must be used in every Reformer class.
- Socks must be worn at all times when using the Reformers.
- All classes must be booked in advance.
- Participants must check in with the instructor and/or reception before each class to ensure attendance is recorded.
- If you are unable to attend a class, you must cancel your booking at least 2 hours prior to the scheduled start time.
- Late entry is not permitted. Participants arriving more than 5 minutes after the scheduled start time will not be allowed to join the class.

#0035

**SCAN TO BOOK
YOUR NEXT CLASS**