



AUTUMN MONDAY REFORMER TIMETABLE 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	Reformer Seana	Reformer Tayla	Reformer Stephanie	Reformer Annette	Reformer Stephanie		
7.00am	Reformer Seana	Reformer Tayla	Reformer Stephanie	Reformer Annette	Reformer Stephanie	Reformer Sarah	
8.00am	Reformer Deb	Reformer Tayla	Reformer Stephanie	Reformer Annette	Reformer Stephanie	Reformer Sarah	
8.30am							Reformer Rotation
9am						Reformer TBA	
9.30am	Reformer Deb	Reformer Tayla	Reformer Stephanie	Reformer Selina	Reformer Stephanie		Reformer Rotation
10.30am	Reformer Deb	Reformer Tayla	Reformer Stephanie	Reformer Selina	Reformer Stephanie		Reformer Rotation
4.30pm	Reformer Annette			Reformer Tayla	Reformer Annette		
5.30pm	Reformer Annette	Reformer Tayla	Reformer Selina	Reformer Tayla			
6.30pm	Reformer Annette	Reformer Tayla	Reformer Selina				

REFORMER – These classes are suitable for all levels, from beginner to intermediate. Our instructors will provide options for everybody, regardless of fitness level, age or experience. Please arrive early to introduce yourself if you are new to Reformer Pilates and your instructor will explain how the Reformer Bed operates.

GRIP SOCKS must be worn in all Reformer Pilates classes for your safety. Bring your own or purchase at reception.

Contact Details - 9518 1588 info@crunchfitness.com.au www.crunchfitness.com.au Basement Level MarketPlace Leichhardt	Mon – Thurs Friday Saturday Sunday	6am – 9pm 6am – 7pm 7am – 6pm 8am – 4pm	Creche Monday – Friday Saturday	Hours 8.50am – 12pm 8am – 12pm
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