



LAUNCH WEEK

TIMETABLE

11th – 17th October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.50am	FREE Intro 20 Min		FREE Intro 20 Min				
6.10am to 7am	<i>Reformer</i> Tayla	<i>Reformer</i> Stephanie	<i>Reformer</i> Stephanie		6am <i>Reformer</i> Annette	6.50am FREE Intro 20 Min	
7.10am	FREE Intro 20 Min	FREE Intro 20 Min	FREE Intro 20 Min			7.10am <i>Reformer</i> Michelle W	
7.30am to 8.20am	<i>Reformer</i> Tayla	<i>Reformer</i> Stephanie	<i>Reformer</i> Stephanie			8.10am <i>Reformer</i> Michelle W	7.30am <i>Reformer</i> Michelle W
						9.10am <i>Reformer</i> Deb H	8.30am <i>Reformer</i> Michelle W
8.40am	FREE Intro 20 Min	FREE Intro 20 Min	FREE Intro 20 Min	FREE Intro 20 Min			
9am to 9.50am	<i>Reformer</i> Tabata	<i>Reformer</i> Stephanie	<i>Reformer</i> Stephanie	<i>Reformer</i> Annette			
10am	FREE Intro 20 Min	FREE Intro 20 Min	FREE Intro 20 Min	FREE Intro 20 Min			
10.20am to 11.10am	<i>Reformer</i> Tabata	<i>Reformer</i> Stephanie	<i>Reformer</i> Stephanie	<i>Reformer</i> Annette			
5pm	FREE Intro 20 Min		FREE Intro 20 Min	FREE Intro 20 Min			
5.20pm to 6.10pm	<i>Reformer</i> Annette		<i>Reformer</i> Ashleigh EP	<i>Reformer</i> Ashleigh EP			
6.20pm	FREE Intro 20 Min		FREE Intro 20 Min	FREE Intro 20 Min			
6.40pm to 7.30pm	<i>Reformer</i> Annette		<i>Reformer</i> Ashleigh EP	<i>Reformer</i> Ashleigh EP			

EP = EXERCISE PHYSIOLOGIST



TIMETABLE

18th – 24th October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.55am	FREE Intro 20 Min						
6.00am	6.15 am Reformer Tayla	Reformer Stephanie	Reformer Stephanie		6am Reformer Annette		
7.00am	7.15am Reformer Tayla	Reformer Stephanie	Reformer Stephanie		7.10am FREE Intro 20 Min	Reformer Michelle W	
7.30am					Reformer Ashleigh EP		Reformer Michelle W
8.00am						Reformer Michelle W	
8.30am					Reformer Ashleigh EP		Reformer Michelle W
9am	FREE Intro 20 Min	FREE Intro 20 Min	FREE Intro 20 Min	FREE Intro 20 Min		Reformer Deb H	
9.30am	Reformer Tabata	Reformer Stephanie	Reformer Stephanie	Reformer Jodie	Reformer Ashleigh EP		
10.30am	Reformer Tabata	Reformer Stephanie	Reformer Stephanie	Reformer Jodie			
5pm	FREE Intro 20 Min		FREE Intro 20 Min				
5.30pm	Reformer Annette		Reformer Ashleigh EP	Reformer Ashleigh EP			
6.30pm	Reformer Annette		Reformer Ashleigh EP	Reformer Ashleigh EP			

EP = EXERCISE PHYSIOLOGIST