

REFORMER TIMETABLE 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am		OPEN Moira	OPEN Stephanie	OPEN Annette	OPEN Stephanie		
6.30am	OPEN Gigi						
7am		OPEN Moira	OPEN Stephanie	OPEN Annette	OPEN Stephanie	OPEN Fiona	
7.30am	OPEN Gigi						
8am		OPEN Annette	OPEN Stephanie	OPEN Annette	OPEN Stephanie	OPEN Fiona	
8.30am	OPEN Gigi						OPEN Rotation
9am		CHALLENGE Annette				CHALLENGE Fiona	
9.30am			OPEN Stephanie	OPEN Rachel	OPEN Stephanie		OPEN Rotation
10am	OPEN Deb	MOBILITY Annette				OPEN Fiona	
10.30am			OPEN Stephanie	OPEN Rachel	OPEN Stephanie		OPEN Rotation
4.30pm	OPEN Annette	OPEN Rachel		OPEN Gigi	MOBILITY Annette		
5.30pm	OPEN Annette	OPEN Rachel	OPEN Annette	CHALLENGE Gigi			
6.30pm	OPEN Annette	OPEN Rachel	OPEN Annette	OPEN Gigi			

REFORMER OPEN – These classes are OPEN to all levels, from beginner to intermediate. Our instructors will provide options for everybody, regardless of fitness level, age or experience.

REFORMER CHALLENGE – These classes are ideal for those who are already familiar with Reformer classes and are prepared to be challenged. We suggest you do some OPEN classes before moving on to Reformer Challenge.

REFORMER MOBILITY – These classes will focus on the foundational principles of Pilates, such as engaging the core, maintaining proper posture and controlling movements with precision. Low-impact and ideal for all levels, these movements target range of motion, aid injury prevention and improve overall flexibility and strength.

Please arrive at least 10 Mins prior to your class starting if you are new to Reformer Pilates. 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	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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