

Derrionat 24:7 Gym

CORIO

REFORMER PILATES TIMETABLE

MIND AND BODY ROOM (REFORMER PILATES)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM							
6:00 AM							
6:30 AM	COURTNEY	COURTNEY	COURTNEY				
7:00 AM						STRETCH SERIES	STRETCH SERIES
7:30 AM	COURTNEY	COURTNEY	COURTNEY	GEORGIA	GEORGIA		
8:00 AM						LEVEL 1 FULL BODY	LEVEL 1 FULL BODY
8:30 AM	COURTNEY	COURTNEY	COURTNEY	GEORGIA	GEORGIA		
9:00 AM						LEVEL 2 FULL BODY	LEVEL 2 FULL BODY
9:30 AM	COURTNEY	COURTNEY	COURTNEY	GEORGIA	GEORGIA		
10:00 AM						POST NATAL	POST NATAL
10:30 AM	LEVEL 1 FULL BODY	LOWER BODY BURN		STRETCH SERIES			
11:00 AM							
11:30 AM	LEVEL 2 FULL BODY	LEVEL 1 FULL BODY	PHYSIO-LED PROGRAM	LEVEL 2 FULL BODY	POST NATAL		
12:00 PM						LOWER BODY BURN	LOWER BODY BURN
12:30 PM	LEVEL 1 FULL BODY	LEVEL 2 FULL BODY	PHYSIO-LED PROGRAM	LEVEL 1 FULL BODY	PHYSIO-LED PROGRAM		
1:00 PM					LEVEL 1 FULL BODY	STRETCH SERIES	STRETCH SERIES
1:30 PM	LEVEL 2 FULL BODY	STRETCH SERIES	LEVEL 2 FULL BODY	LOWER BODY BURN			
2:00 PM					LEVEL 2 FULL BODY	LEVEL 1 FULL BODY	LEVEL 1 FULL BODY
2:30 PM	LOWER BODY BURN	LEVEL 2 FULL BODY	LEVEL 1 FULL BODY	POST NATAL			
3:00 PM					STRETCH SERIES	LEVEL 2 FULL BODY	LEVEL 2 FULL BODY
3:30 PM	STRETCH SERIES	PRE NATAL	LEVEL 2 FULL BODY	PHYSIO-LED PROGRAM			
4:00 PM					LEVEL 1 FULL BODY	LEVEL 2 FULL BODY	LEVEL 2 FULL BODY
4:30 PM	LOWER BODY BURN	LEVEL 2 FULL BODY	LEVEL 2 FULL BODY	LOWER BODY BURN			
5:00 PM					LEVEL 2 FULL BODY	LEVEL 1 FULL BODY	LEVEL 1 FULL BODY
5:30 PM	COURTNEY		COURTNEY	LEVEL 2 FULL BODY			
6:00 PM					LEVEL 2 FULL BODY	LEVEL 2 FULL BODY	LEVEL 2 FULL BODY
6:30 PM	COURTNEY		COURTNEY	LEVEL 1 FULL BODY			
7:00 PM					LOWER BODY BURN	LOWER BODY BURN	LOWER BODY BURN
7:30 PM	COURTNEY	LOWER BODY BURN	COURTNEY	LOWER BODY BURN			
7:45 PM							
8:30 PM							

- FACE TO FACE
- BEGINNER - VR
- POST NATAL
- STRETCH SERIES
- LEVELS - VR
- LOWER BODY BURN
- PRE NATAL
- PHYSIO-LED PROGRAM

*TIMETABLE SUBJECT TO CHANGE. CLASSES WILL NOT RUN WITH 4 PEOPLE OR LESS. MINIMUM AGE OF ENTRY IS 14 YEARS OLD. CHILDREN FROM THE AGES OF 14-16 MUST BE SUPERVISED BY AN ADULT. PLEASE ALSO NOTE ENTRY INTO A CLASS CAN BE REFUSED AT THE INSTRUCTORS DISCRETION FOR ALL LATE COMERS WHO HAVE MISSED WARM UP.