

Derrimat 24:7 Gym

GEPPS CROSS

Reformer Pilates Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM							
6:00 AM	KAYLIE	BELINDA	KAYLIE				
6:30 AM							
7:00 AM	KAYLIE	BELINDA	KAYLIE	BELINDA	BELINDA		
7:30 AM							
8:00 AM	KAYLIE	BELINDA	KAYLIE	BELINDA	BELINDA	KAYLIE	
8:30 AM							
9:00 AM	ABBEY	BELINDA		BELINDA	BELINDA	KAYLIE	
9:30 AM							
10:00 AM	ABBEY			BELINDA	BELINDA		
10:30 AM							
11:00 AM	ABBEY						
11:30 AM							
12:00 PM	ABBEY					ABBEY	
12:30 PM							
1:00 PM						ABBEY	
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	ABBEY	KAYLIE	ABBEY	KAYLIE			
5:30 PM							
6:00 PM	ABBEY	KAYLIE	ABBEY	KAYLIE			
6:30 PM							
7:00 PM	ABBEY		ABBEY				
7:30 PM							
8:00 PM							
8:30 PM							

- FACE TO FACE
- BEGINNER - VR
- ARMS & BACK - VR
- LOWER BODY - VR
- LEVELS - VR
- ATHLETIC - VR
- CORE - VR
- CARDIO

*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.