

Derrionut 24:7 Gym

NOARLUNGA

REFORMER PILATES TIMETABLE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|--------|---------|-----------|----------|--------|----------|--------|
| 6:00 AM | | | | | | | |
| 6:15 AM | ELLA | ELLA | ELLA | ELLA | ELLA | | |
| 6:30 AM | | | | | | | |
| 7:15 AM | ELLA | ELLA | ELLA | ELLA | ELLA | | |
| 7:30 AM | | | | | | | |
| 8:15 AM | ELLA | ELLA | ELLA | ELLA | ELLA | | |
| 8:30 AM | | | | | | | |
| 9:15 AM | ELLA | ELLA | ELLA | ELLA | ELLA | ELLA | ELLA |
| 9:30 AM | | | | | | | |
| 10:15 AM | ELLA | ELLA | ELLA | ELLA | ELLA | ELLA | ELLA |
| 10:30 AM | | | | | | | |
| 11:15 AM | | | | | | | |
| 11:30 AM | | | | | | | |
| 12:15 PM | | | | | | | |
| 12:30 PM | | | | | | | |
| 1:15 PM | | | | | | | |
| 1:30 PM | | | | | | | |
| 2:15 PM | | | | | | | |
| 2:30 PM | | | | | | | |
| 3:15 PM | | | | | | | |
| 3:30 PM | | | | | | | |
| 4:15 PM | | | | | | | |
| 4:30 PM | ELLA | IVA | ELLA | | | | |
| 5:15 PM | | | | | | | |
| 5:30 PM | ELLA | IVA | ELLA | IVA | | | |
| 6:15 PM | | | | | | | |
| 6:30 PM | ELLA | IVA | ELLA | IVA | | | |
| 7:15 PM | | | | | | | |
| 7:30 PM | ELLA | IVA | ELLA | IVA | | | |
| 8:15 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.