

Derrionut 24:7 Gym

SEAFORD MEADOWS

REFORMER PILATES TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM						CLOE	
6:15 AM				JENNY	JENNY		
6:30 AM							
7:00 AM						CLOE	CLOE
7:15 AM	JENNY		JENNY	JENNY	JENNY		
8:00 AM						CLOE	CLOE
8:15 AM	JENNY		JENNY	JENNY	JENNY		
9:00 AM						CLOE	CLOE
9:15 AM	JENNY		JENNY	JENNY	JENNY		
10:00 AM							
10:15 AM	JENNY		JENNY				
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		JENNY	JENNY		JENNY		
5:15 PM							
5:30 PM		JENNY	JENNY		JENNY		
6:15 PM							
6:30 PM		JENNY	JENNY				
7:15 PM							
7:30 PM		JENNY	JENNY				
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.