

*Derrivant 24:7 Gym*

SMITHFIELD

# REFORMER PILATES TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	LUCY						
6:00 AM		BEGINNER FULL BODY	LEVEL 1 FULL BODY	LEVEL 1 FULL BODY	LEVEL 1 FULL BODY		
6:30 AM						LOWER BODY	LEVEL 1 FULL BODY
7:00 AM	ALANNAH	LEVEL 1 FULL BODY	ALANNAH	ALANNAH	ALANNAH		
7:30 AM						BEGINNER FULL BODY	LEVEL 2 FULL BODY
8:00 AM	ALANNAH	LEVEL 1 FULL BODY	ALANNAH	ALANNAH	ALANNAH		
8:30 AM						LEVEL 2 FULL BODY	ATHLETIC
9:00 AM	ALANNAH	LEVEL 2 FULL BODY	ALANNAH	ALANNAH	ALANNAH		
9:30 AM						LEVEL 1 FULL BODY	BEGINNER FULL BODY
10:00 AM	ALANNAH	LEVEL 2 FULL BODY	ALANNAH	ALANNAH	ALANNAH		
10:30 AM						LEVEL 1 FULL BODY	CORE
11:00 AM	LEVEL 1 FULL BODY	LOWER BODY	LEVEL 1 FULL BODY	ARMS & BACK	BEGINNER FULL BODY		
11:30 AM						LEVEL 2 FULL BODY	LEVEL 1 FULL BODY
12:00 PM	LEVEL 2 FULL BODY	ATHLETIC	LEVEL 2 FULL BODY	CORE	BEGINNER FULL BODY		
12:30 PM						LEVEL 2 FULL BODY	LEVEL 1 FULL BODY
1:00 PM	LEVEL 2 FULL BODY	LEVEL 2 FULL BODY	LEVEL 2 FULL BODY	BEGINNER FULL BODY	ATHLETIC		
1:30 PM						ARMS & BACK	LEVEL 2 FULL BODY
2:00 PM	BEGINNER FULL BODY	LEVEL 2 FULL BODY	LEVEL 1 FULL BODY	LEVEL 1 FULL BODY	CORE		
2:30 PM						ATHLETIC	LEVEL 2 FULL BODY
3:00 PM	ATHLETIC	BEGINNER FULL BODY	LOWER BODY	LEVEL 2 FULL BODY	LEVEL 1 FULL BODY		
3:30 PM						BEGINNER FULL BODY	ARMS & BACK
4:00 PM	LEVEL 1 FULL BODY	ARMS & BACK	CORE	LOWER BODY	LEVEL 1 FULL BODY		
4:30 PM						LEVEL 2 FULL BODY	LOWER BODY
5:00 PM	LUCY	CORE	ARMS & BACK	BEGINNER FULL BODY	LEVEL 2 FULL BODY		
5:30 PM						CORE	BEGINNER FULL BODY
6:00 PM	LUCY	LEVEL 1 FULL BODY	BEGINNER FULL BODY	LEVEL 1 FULL BODY	LEVEL 2 FULL BODY		
6:30 PM						LEVEL 1 FULL BODY	LEVEL 2 FULL BODY
7:00 PM	LOWER BODY	LEVEL 1 FULL BODY	BEGINNER FULL BODY	LEVEL 2 FULL BODY	ARMS & BACK		
7:30 PM						LEVEL 1 FULL BODY	LEVEL 2 FULL BODY
8:00 PM	BEGINNER FULL BODY	LEVEL 2 FULL BODY	LEVEL 2 FULL BODY	LEVEL 2 FULL BODY	LOWER BODY		
8:30 PM						BEGINNER FULL BODY	ATHLETIC

- 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.