

Derriman 24:7 Gym

THOMASTOWN



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	CARMEN	KRISTIE	CARMEN	KATHRYN	CARMEN	LEVEL 1 FULL BODY 19	LEVEL 2 FULL BODY 28
7:00 AM							
7:30 AM	CARMEN	KRISTIE	CARMEN	KATHRYN	CARMEN	ALISON	BEGINNER 1
8:00 AM							
8:30 AM	CARMEN	KRISTIE	CARMEN	KATHRYN	CARMEN	ALISON	KRISTIE
9:00 AM							
9:30 AM	CARMEN	KRISTIE	CARMEN	KATHRYN	CARMEN	ALISON	KRISTIE
10:00 AM							
10:30 AM	CARMEN	KRISTIE	CARMEN	KRISTIE	CARMEN	ALISON	KRISTIE
11:00 AM							
11:30 AM	CARMEN	KRISTIE	CARMEN	KRISTIE	CARMEN	ALISON	KRISTIE
12:00 PM							
12:30 PM	CARMEN	KRISTIE	CARMEN	KRISTIE	CARMEN	LEVEL 1 FULL BODY 28	ATHLETIC 20
1:00 PM							
1:30 PM	CARMEN	KRISTIE	CARMEN	KRISTIE	CARMEN	CORE 24	LEVEL 1 FULL BODY 12
2:00 PM							
2:30 PM	LEVEL 1 FULL BODY 8	LEVEL 2 FULL BODY 13	BEGINNER 2	ATHLETIC 25	LEVEL 1 FULL BODY 9	ARMS & BACK 27	LOWER BODY 21
3:00 PM							
3:30 PM	LEVEL 1 FULL BODY 22	BEGINNER 6	LEVEL 1 FULL BODY 22	LEVEL 1 FULL BODY 30	BEGINNER 3	LEVEL 2 FULL BODY 32	CORE 23
4:00 PM						ZEHRA	
4:30 PM	ZEHRA	SUE	SUE	IVA	IVA	BEGINNER 4	LEVEL 1 FULL BODY 29
5:00 PM						ZEHRA	
5:30 PM	ZEHRA	IVA	KATHRYN	IVA	IVA	LEVEL 1 FULL BODY 15	BEGINNER 6
6:00 PM							
6:30 PM	ZEHRA	IVA	KATHRYN	IVA	IVA	LEVEL 1 FULL BODY 24	BEGINNER 2
7:00 PM							
7:30 PM	ZEHRA	IVA	KATHRYN	IVA	IVA	LEVEL 1 FULL BODY 21	LEVEL 1 FULL BODY 21
7:45 PM							
8:30 PM	ZEHRA	IVA	KATHRYN	IVA	LEVEL 2 FULL BODY 19	LEVEL 1 FULL BODY 29	LEVEL 2 FULL BODY 18

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

*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.