

# Autumn Weekly Calendar

Time	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6.00am	Reformer	Fit & Strong	Cardio Reformer	Fit & Strong	Reformer	Barre	Reformer		Reformer			
6.30am												
7.00am	Reformer	Matwork	Reformer	Barre	Reformer	Fit & Strong	Reformer		Reformer		Reformer	
7.30am											Physio Barre	Fit & Strong
8.00am	Cardio Reformer		Reformer		Reformer	Matwork			Matwork		Cardio Reformer	
8.30am							Physio Reformer		Physio Reformer		Matwork	
9.00am		Fit & Strong	Physio Barre		Physio Reformer						Reformer	
9.30am	Physio Reformer			Physio Matwork			Physio Reformer	Physio Matwork		Physio Matwork	Roll & Release	
10.00am	Matwork		Physio Reformer			Physio Matwork					Reformer	
10.30am							Physio Stretch Reformer		Physio Stretch Reformer	Fit & Strong 55+		
11.00am		Fit & Strong 55+				Fit & Strong 55+						
12.00pm												
4.00pm			Reformer	Stretch & Mobility								
4.30pm	Reformer				Reformer		Reformer					
5.00pm			Matwork	Reformer								
5.30pm	Reformer	Barre			Reformer		Matwork					
6.00pm			Reformer	Physio Fit & Strong				Physio Fit & Strong				
6.30pm	Reformer	Roll & Release			Stretch Reformer		Reformer					
7.00pm												



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