


The Reformer Studio

Book your classes through the mind body app 

Green = Light 'n' Laughter Yellow = Fit 'n' Fun Orange = Sore 'n' Sweaty Red = Moan 'n' Groan Blue = 1-2-1 instruction available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				7.00 am Reformer		
	8.00 am Reformer		8.00 am Reformer			
9.30 am Reformer	9.30 am Reformer	9.30 am Reformer	9.30 am Reformer	9.30 am Reformer		
		10.30 am Reformer		10.30 am Reformer	10.00 am Reformer	
11.30 am Reformer			11.30 am Reformer			
6.30 pm Reformer	6.30 pm Reformer	6.30 pm Reformer				
7.30 pm Reformer		7.30 pm Reformer				