

CLASS SCHEDULE

Pregnancy modifications made in class (excluding Spicy Reformer)

	MON	TUE	WED	THU	FRI	SAT
8:30	Strength (50+)	Reformer	Reformer Gold (50+)	Reformer	Reformer Gold (50+)	Spicy Reformer *not suitable for pregnancy or injuries
9:30	Reformer	Strength		Yin Yoga	Strength & Mobility	Reformer
10:30	Balance & Stability (Seniors)	Bumps, Mums & Bubs Reformer - From 7/4/26	Reformer		Bumps, Mums & Bubs Reformer	
11:30	Clinical Studio Pilates	Postpartum Program: Return to Exercise Safely (Term Booking)	Clinical Studio Pilates	11am Sacred Start: Mums & Bubs Yoga (Term Booking)		
12PM					Yin & Yoga Nidra	
3:30PM			Balance & Stability (Seniors)			
4:30PM			Mat Pilates			
5PM	5:15pm Prenatal Yoga Course (Term Booking)					
5:30		Spicy Reformer *not suitable for pregnancy or injuries	Reformer	Women's Beginner Strength		
6:30	Reformer		Strength	Reformer		