

Ridgehaven (My Local Pilates - Reformer)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7.15am				Physio Reformer 7.15-8.00 (Ben)			
7.30am							
7.45am							
8.00am	Physio Reformer 8:00-8:45 (Julian)				Reformer Pilates (EP) 8:00-8:45 (Emma)	Physio Reformer 8:00-8:45 (Nick)	
8.15am							
8.30am				Physio Reformer 8:30-9:15 (Meagan)			
8.45am	Physio Reformer 8:45-9:30 (Julian)					Physio Reformer 8:45-9:30 (Nick)	
9.00am							
9.15am				Physio Reformer 9:15-10:00 (Meagan)			
9.30am	Physio Reformer 9:30-10:15 (Julian)				Physio Reformer 9:45-10:30 (Ben)	Physio Reformer 9:30-10:15 (Meagan)	
9.45am							
10.00am							
10.15am	Physio Reformer 10:15-11:00 (Nick)					Physio Reformer 10:15-11:00 (Julian)	
10.30am							
10.45am							
11.00am							
11.15am						Pre/Post Reformer 11:15-12:00 (Steph)	
11.30am							
11.45am							
12:00pm			Senior Reformer 12:00-12:45 (Meagan)				
12.15pm							
12.30pm							
12.45pm							
1.00pm							
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1.30pm							
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3.00pm							
3.15pm							
3.30pm							
3.45pm				Physio Reformer 3:30-4:15 (Eden)			
4.00pm							
4.15pm							
4.30pm	Physio Reformer 4:30-5:15 (Ben)	Physio Reformer 4:30-5:15 (Samantha)	Physio Reformer 4:30-5:15 (Meagan)		Physio Reformer 5:00-5:45 (Julian)		
4.45pm							
5.00pm							
5.15pm	Reformer Pilates 5:15-6:00 (Steph)	Reformer Pilates 5:15-6:00 (Emma)	Physio Reformer 5:15-6:00 (Meagan)				
5.30pm							
5.45pm							
6.00pm	Reformer Pilates 6:00-6:45 (Steph)	Reformer Pilates 6:00-6:45 (Emma)	Physio Reformer 6:00-6:45 (Julian)				
6.15pm							
6.30pm							
6.45pm	Physio Reformer 6:45-7:30 (Ben)	Reformer Pilates 6:45-7:30 (Emma)					
7.00pm							
7.15pm							
7.30pm							
7.45pm							
8.00pm							