

AUSTRALIA DAY MONDAY 27th JANUARY

SUMMER REFORMER TIMETABLE 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	OZ DAY	Reformer	Reformer	Reformer	Reformer		
	PUBLIC	<i>Challenge</i> Monica	Open Stephanie	Open	Open Stephanie		
	HOLIDAY	Womca	Stephanie	Annette	Stephanie		
		- 6					
7.00am		Reformer Challenge	Reformer Open	Reformer Open	Reformer Open	Reformer Beginner	
		Monica	Stephanie	Annette	Stephanie	Samantha	
8.00am	0.0511	Reformer	Reformer	Reformer	Reformer	Reformer	
0.004111	OPEN	Open	Open	Open	Open	Challenge	
	9am to	Annette	Stephanie	Annette	Stephanie	Samantha	
	5pm						
8.30am							Reformer
							Open Rotation
							NULALIUII
9am	Reformer	Reformer				Reformer	
	Open	Open				Challenge	
	Moira	Annette				Samantha	
9.30am		10am Reformer	Reformer Open	Reformer Open	Reformer Open		Reformer Open
		Mobility &	Stephanie	Rachel	Stephanie		Rotation
		Strength Annette					
10.30am	<mark>10am</mark>	7.11100000	Reformer	Reformer	Reformer		Reformer
	Reformer Open		Open	Open	Open		Open
	Moira		Stephanie	Rachel	Stephanie		Rotation
44.00	11					Ø o (o	
11.00am	<mark>llam</mark> Reformer					Reformer Challenge	
	Open					Samantha	
	Moira						
4.30pm	<mark>3 pm</mark>			Reformer	Reformer		
	Reformer _{Open}			Challenge	Open		
	Annette			Tayla	Annette		
5.30pm	<mark>4 pm</mark>	Reformer	Reformer	Reformer			
	Reformer _{Open}	Open Rotation	Open Annatta	<i>Challenge</i> Tayla			
	Annette	Kotation	Annette	Tayla			
6.30pm		Reformer	Reformer				
		Open Rotation	Open Annette				
		KOLALION	Amette				



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	Reformer	Reformer	Reformer	Reformer	Reformer		
	Open	Challenge	Open	Open	Open		
	Rachel	Monica	Stephanie	Annette	Stephanie		
7.00am	Reformer	Reformer	Reformer	Reformer	Reformer	Reformer	
	Open	Challenge	Open	Open	Open	Beginner	
	Rachel	Monica	Stephanie	Annette	Stephanie	Samantha	
8.00am	Reformer	Reformer	Reformer	Reformer	Reformer	Reformer	
	Challenge	Open	Open	Open	Open	Challenge	
	Deb	Annette	Stephanie	Annette	Stephanie	Samantha	
8.30am							Reformer
							Open
							Rotation
9am		Reformer				Reformer	
		Open				Challenge	
		Annette				Samantha	
9.30am	Reformer	10am	Reformer	Reformer	Reformer		Reformer
	Challenge Deb	Reformer Mobility &	Open	Open	Open		Open
	Deb	Strength	Stephanie	Rachel	Stephanie		Rotation
10.30am	Reformer		Reformer	Reformer	Reformer		Reformer
	Challenge		Open	Open	Open		Open
	Deb		Stephanie	Rachel	Stephanie		Rotation
11.00am						Reformer	
						Challenge	
						Samantha	
4.30pm	Reformer			Reformer	Reformer		
	Open			Challenge	Open		
	Annette			Tayla	Annette		
5.30pm	Reformer _{Open}	Reformer Open	Reformer Open	Reformer Challenge			
	Annette	Rotation	Annette	Tayla			
6.30pm	Reformer	Reformer	Reformer				
•	Open	Open	Open				
	Annette	Rotation	Annette				

REFORMER BEGINNER – This class is ideal for beginners or for those that just want to keep it simple and stick with the Foundation exercises. Intermediate levels are welcome to join this class, as you will still get a great workout – don't be fooled by the name!

REFORMER OPEN – These classes are OPEN to all levels, from beginner to intermediate. Our instructors will provide options for everybody, regardless of fitness level, age or experience. We suggest you do a Beginner Class first if you are completely new to Reformer Pilates.

REFORMER CHALLENGE – These classes are ideal for those who are already familiar with Reformer classes and are prepared to be challenged. We suggest you do some Beginner Classes and some OPEN classes before moving on to Reformer Challenge. **REFORMER FOUNDATIONS** – This is a POP-UP class. If you have never done Reformer Pilates before or you need a refresher, the instructor will explain everything you need to know to get you started. You will learn about the moving parts of the Reformer Bed, the spring tensions and the straps. Then, you will be shown some of the foundation exercises combined with breathwork.

Please arrive at least 10 Mins prior to your class starting if you are new to Reformer Pilates.

GRIP SOCKS must be worn in all Reformer Pilates classes for your safety. Bring your own or purchase at reception.

Contact Details - 9518 1588	Mon – Thurs	6am – 9pm	Creche	Hours
info@crunchfitness.com.au	Friday	6am – 7pm	Monday – Friday	8.50am – 12pm
www.crunchfitness.com.au	Saturday	7am – 6pm	Saturday	8am – 12pm
Basement Level MarketPlace Leichhardt	Sunday	8am – 4pm		