



## PUBLIC HOLIDAY MONDAY 7<sup>TH</sup> OCTOBER TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am		Reformer Tayla	Reformer Stephanie	Reformer Annette	Reformer Stephanie		
7.00am		Reformer Tayla	Reformer Stephanie	Reformer Annette	Reformer Stephanie	Reformer FOUNDATIONS Samantha	
8.00am		Reformer Tayla	Reformer Stephanie	Reformer Annette	Reformer Stephanie	Reformer BEGINNER Samantha	
8.30am	<b>OPEN 9AM</b>						Reformer Rotation
9am	<b>9am</b> Reformer Annette					Reformer Samantha	
9.30am	<b>10am</b> Reformer Annette	Reformer Tayla	Reformer Stephanie	Reformer Selina	Reformer Stephanie		Reformer Rotation
10.30am	<b>11am</b> Reformer Annette	Reformer Tayla	Reformer Stephanie	Reformer Selina	Reformer Stephanie		Reformer Rotation
11.00am	<b>3pm</b> Reformer Annette					Reformer Samantha <b>NEW CLASS</b>	
4.30pm	<b>4pm</b> Reformer Annette			Reformer Tayla	Reformer Annette		
5.30pm	<b>CLOSE 5PM</b>	Reformer Tayla	Reformer Selina	Reformer Tayla			
6.30pm		Reformer Tayla	Reformer Selina				

**REFORMER FOUNDATIONS** – 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.

**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** – 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.

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

## SPRING/SUMMER REFORMER TIMETABLE 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	Reformer Rachel	Reformer Tayla	Reformer Stephanie	Reformer Annette	Reformer Stephanie		
7.00am	Reformer Rachel	Reformer Tayla	Reformer Stephanie	Reformer Annette	Reformer Stephanie	Reformer FOUNDATIONS Samantha	
8.00am	Reformer Deb	Reformer Tayla	Reformer Stephanie	Reformer Annette	Reformer Stephanie	Reformer BEGINNER Samantha	
8.30am							Reformer Rotation
9am						Reformer Samantha	
9.30am	Reformer Deb	Reformer Tayla	Reformer Stephanie	Reformer Selina	Reformer Stephanie		Reformer Rotation
10.30am	Reformer Deb	Reformer Tayla	Reformer Stephanie	Reformer Selina	Reformer Stephanie		Reformer Rotation
11.00am						Reformer Samantha <b>NEW CLASS</b>	
4.30pm	Reformer Annette			Reformer Tayla	Reformer Annette		
5.30pm	Reformer Annette	Reformer Tayla	Reformer Selina	Reformer Tayla			
6.30pm	Reformer Annette	Reformer Tayla	Reformer Selina				

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<b>Contact Details - 9518 1588</b> <a href="mailto:info@crunchfitness.com.au">info@crunchfitness.com.au</a> <a href="http://www.crunchfitness.com.au">www.crunchfitness.com.au</a> Basement Level MarketPlace Leichhardt	Mon – Thurs Friday Saturday Sunday	6am – 9pm 6am – 7pm 7am – 6pm 8am – 4pm	<b>Creche</b> Monday – Friday Saturday	<b>Hours</b> 8.50am – 12pm 8am – 12pm
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