



SPRING/SUMMER REFORMER TIMETABLE 2024/5

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

SEE OVERPAGE FOR CLASS DESCRIPTIONS

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 MOBILITY & STRENGTH - This class will focus on the foundational principles of Pilates, such as engaging the core, maintaining proper posture and controlling movements with precision. Low-impact and ideal for all levels, these movements target range of motion, aid injury prevention and improve overall flexibility & strength.

Consistent practice promotes functional movements and joint health. Reformer Pilates is a fun, challenging and rewarding movement practice.

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