



## SPRING/SUMMER REFORMER TIMETABLE 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	Reformer Open Rachel	Reformer Challenge Tayla	Reformer Open Stephanie	Reformer Open Annette	Reformer Open Stephanie		
7.00am	Reformer Open Rachel	Reformer Challenge Tayla	Reformer Open Stephanie	Reformer Open Annette	Reformer Open Stephanie	Reformer Beginner Samantha	
8.00am	Reformer Challenge Deb	Reformer Challenge Tayla	Reformer Open Stephanie	Reformer Open Annette	Reformer Open Stephanie	Reformer Challenge Samantha	
8.30am							Reformer Open Rotation
9am						Reformer Challenge Samantha	
9.30am	Reformer Challenge Deb	Reformer Challenge Tayla	Reformer Open Stephanie	Reformer Challenge Selina	Reformer Open Stephanie		Reformer Open Rotation
10.30am	Reformer Challenge Deb	Reformer Challenge Tayla	Reformer Open Stephanie	Reformer Challenge Selina	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 Challenge Tayla	Reformer Open Tayla	Reformer Challenge Tayla			
6.30pm	Reformer Open Annette	Reformer Challenge Tayla	Reformer Open Tayla				

**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.**

<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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