



CRUNCH CHRISTMAS OPENING HOURS

Mon 16 th to Thurs 19 th Dec		6am to 8pm
Fri 20 th Dec		6am to 7pm
Sat 21 st Dec		6.45am to 4pm
Sun 22 nd Dec		7.45am to 4pm



Mon 23 rd Dec		6am to 8pm
Tues 24 th Dec	XMAS EVE	6am to 1pm
Wed 25 th Dec	CHRISTMAS DAY	CLOSED
Thurs 26 th Dec	BOXING DAY	CLOSED
Fri 27 th Dec		6am to 4pm
Sat 28 th Dec		6.45am to 4pm
Sun 29 th Dec		7.45am to 4pm



Mon 30 th Jan		6am to 8pm
Tues 31 st Jan	NEW YEAR'S EVE	6am to 1pm
Wed 1 st Jan	NEW YEAR'S DAY	CLOSED
Thurs 2 nd Jan		6am to 8pm
Fri 3 rd Jan		6am to 4pm
Sat 4 th Jan		6.45am to 4pm
Sun 5 th Jan		7.45am to 4pm

CRECHE CLOSED From: **XMAS EVE** To: **Mon 6th JAN**

Please Note: Some instructors and time-slots may differ from those shown



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	Reformer Open Deb	Reformer Challenge Monica	Reformer Open Stephanie	Reformer Open Annette	Reformer Open Stephanie		
7.00am	Reformer Open Deb	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 Tayla	Reformer Open Stephanie		Reformer Open Rotation
10.30am	Reformer Challenge Deb	10am Mobility & Strength Annette	Reformer Open Stephanie	Reformer Challenge Tayla	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 Annette	Reformer Open Annette	Reformer Challenge Tayla			
6.30pm	Reformer Open Annette	Reformer Open Annette	Reformer Open Annette				



23rd to 29th December



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	Reformer Open Rachel	Reformer Open Rachel			Reformer Open Stephanie		
7.00am	Reformer Open Rachel	Reformer Open Rachel			Reformer Open Stephanie	Reformer Beginner Samantha	
8.00am	Reformer Challenge Deb	Reformer Challenge Annette			Reformer Open Stephanie	Reformer Challenge Samantha	
8.30am			CLOSED	CLOSED			Reformer Open Rotation
9am		Reformer Challenge Annette				Reformer Challenge Samantha	
9.30am	Reformer Challenge Deb		<i>Happy Christmas!</i>		Reformer Open Stephanie		Reformer Open Rotation
10.30am	Reformer Challenge Deb	10am Mobility & Strength Annette		<i>Happy Boxing Day!</i>	Reformer Open Stephanie		Reformer Open Rotation
11.00am					Reformer Open Stephanie	Reformer Challenge Samantha	
4.30pm	Reformer Open Annette	CLOSE 1pm					
5.30pm	Reformer Open Annette						
6.30pm	Reformer Open Annette						

Please note: No creche this week!



30th December to 5th January 2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	Reformer Open Deb	Reformer Challenge Monica	happy New Year	Reformer Open Moira	Reformer Open Stephanie		
7.00am	Reformer Open Deb	Reformer Challenge Monica		Reformer Open Moira	Reformer Open Stephanie	Reformer Beginner Samantha	
8.00am	Reformer Challenge Deb	Reformer Open Moira	CLOSED	Reformer Open Moira	Reformer Open Stephanie	Reformer Challenge Samantha	
8.30am			happy New Year				Reformer Open Rotation
9am		Reformer Open Moira				Reformer Challenge Samantha	
9.30am	Reformer Challenge Deb			Reformer Open Tayla	Reformer Open Stephanie		Reformer Open Rotation
10.30am	Reformer Challenge Deb	10am Reformer Open Moira		Reformer Challenge Tayla	Reformer Open Stephanie		Reformer Open Rotation
11.00am			happy New Year			Reformer Challenge Samantha	
4.30pm	Reformer Open Emma	CLOSE 1pm	happy New Year	Reformer Challenge Tayla	Reformer Open Annette		
5.30pm	Reformer Open Emma			Reformer Challenge Tayla			
6.30pm	Reformer Open Emma		CLOSED				

Please note: No creche this week!

ALL NORMAL CLASSES & CRECHE RESUME ON MONDAY 6TH JANUARY



SUMMER 2025 REFORMER PILATES TIMETABLE

	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				

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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