



Reformer Rehab Classes

Monday

7am

7.45am
Prenatal

10am
Mums

11am | 5.15pm

Tuesday

11.45am

Wednesday

7am

10am
Mums

11am

4.30pm
Prenatal

5.15pm

Thursday

8am | 9am

Friday

8am | 9am

10am
Mums

11am