

Class Timetable

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7AM			Mat			
7:30AM	Reformer*	Reformer		Reformer	Reformer	Reformer
8:30AM	Reformer*	Reformer		Reformer	Reformer	Reformer
9:20AM					Stretch & Restore (Fortnightly)	
9:30AM		Reformer	Mat	Reformer		
10AM					Reformer	Reformer Beginners
11AM			Senior's Reformer		Mums & Bubs	
12:15PM			Reformer			
4PM				Reformer		
4:30PM		Reformer				
5:30PM		Reformer				
6PM				Reformer		



- Reformer classes (45 minutes),
- Mat Classes (1 hour),
- Stretch & Restore (30 minutes)

To book in, go to:
www.elongatepilates.com.au



* Monday classes are held two weeks on and one week off at this stage - be guided by the online booking calendar.