REFORMER CLASSES – AUTUMN TIMETABLE

pilates works
STRENGTH FROM THE CORE

Monday 7th September - Friday 23rd October 2026 – STUDIO 1

M`ONDAY	DESCRIPTION	INSTRUCTOR
10am – 11am	1:1/Duet Studio Session	Jenny
12pm – 1pm	Group Reformer Session	Nicola
1.10pm – 2.10pm	Group Reformer Session	Nicola
2.30pm – 3.30pm	Group Reformer Session	Jenny
3.45pm – 4.45pm	1:1/Duet Studio Session	Jenny
5pm – 6pm	Group Reformer Session	Jenny
6pm – 7pm	Group Reformer Session	Jenny
7pm – 8pm	Group Reformer Session	Jenny
TUESDAY	**DESCRIPTION**	**INSTRUCTOR**
10.30am – 11.30am	Group Reformer Session	Elle
2pm – 3pm	Group Reformer Session	Jenny
3pm – 4pm	Group Reformer Session	Jenny
4.15pm – 5.15pm	1:1/Duet Studio Session	Michaela
5.15pm – 6.15pm	Group Reformer Session	Michaela
6.15pm – 7.15pm	Group Reformer Session	Michaela
7.15pm – 8.15pm	1:1/Duet Reformer Session	Michaela
WEDNESDAY	**DESCRIPTION**	**INSTRUCTOR**
11.30am – 12.30pm	Group Reformer Session	Jenny
12.45pm – 1.45pm	Group Reformer Session	Jenny
2pm – 3pm	Group Reformer Session	Jenny
THURSDAY	**DESCRIPTION**	**INSTRUCTOR**
9am – 10am	Group Reformer Session	Elle
2.30pm – 3.30pm	Group Reformer Session	Jenny
3.30pm – 4.30pm	1:1/Duet Studio Session	Jenny
FRIDAY	**DESCRIPTION**	**INSTRUCTOR**
9am – 10am	1:1/Duet Studio Session 1/2	Jenny
10.15am – 11.15am	Group Reformer Session	Elle
11.30am – 12.30pm	1:1/Duet Studio Session	Jenny
SATURDAY	**DESCRIPTION**	**INSTRUCTOR**
10am – 11am	1:1/Duet Studio Session	Jenny
10am – 12noon	Optional Introduction Workshop	Jenny