

REFORMER CLASSES – SPRING TIMETABLE



Monday 23rd February – Thursday 2nd April 2026

M ONDAY	DESCRIPTION	INSTRUCTOR
10am – 11am	1:1/Duet Studio Session	Jenny
12.10pm – 1.10pm	Group Reformer Session	Nicola
1.20pm – 2.20pm	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	1:1/Duet Studio Session	Jenny
TUESDAY	DESCRIPTION	INSTRUCTOR
10.30am – 11.30am	Group Reformer Session	Elle
2pm – 3pm	Group Reformer Session	Jenny
3pm – 4pm	Beginner Group Reformer Course	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
10.30am – 11.30am	1:1/Duet Reformer Session	Jenny
11.30am – 12.30pm	Group Reformer Session	Jenny
12.45pm – 1.45pm	Group Reformer Session	Jenny
2pm – 3pm	Beginner Group Reformer Course	Jenny
THURSDAY	DESCRIPTION	INSTRUCTOR
12noon – 1pm	Group Reformer Session	Elle
2.30pm – 3.30pm	Beginner Group Reformer Course	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 – 12.30am	1:1/Duet Studio Session	Jenny
SATURDAY	DESCRIPTION	INSTRUCTOR
10am – 11am	1:1/Duet Studio Session	Jenny
10am – 12noon	Optional Introduction Workshop	Jenny