

THE WELL WEEKDAY TIMETABLE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY					
6:00am	Strength HIIT Reformer Conditioning	6:00am	Reformer Burn Strength HIIT	5:30am	Reformer Conditioning	6:00am	Reformer Conditioning Cardio HIIT	5:30am	Reformer Burn				
6:30am	Reformer Foundations	6:55am	Reformer Cardio	6:00am	Reformer Conditioning Strength HIIT Barre Xpress	6:30am	Reformer Burn	6:00am	Reformer Foundations Strength HIIT				
7:00am	Reformer Conditioning Cardio HIIT	7:00am	Reformer Foundations Cardio Conditioning	6:30am	Reformer Conditioning Mat Pilates HIIT	7:00am	Reformer Conditioning	6:30am	Reformer Conditioning				
7:30am	Reformer Burn	7:30am	Reformer Burn		7:30am	Reformer Foundations	7:00am	Reformer Burn					
8:00am	Reformer Foundations	8:00am	Reformer Conditioning	7:00am	Reformer Conditioning Fast Cardio	9:00am	Reformer Foundations	7:30am	Reformer Foundations				
8:30am	Reformer Conditioning	8:30am	Reformer Conditioning	7:30am	Reformer Conditioning	9:30am	Reformer Conditioning	8:00am	Reformer Conditioning				
9:30am	Reformer Foundations	9:00am	Reformer Conditioning	8:00am	Reformer Burn	10:30am	Reformer Conditioning	8:30am	Reformer Burn				
11:00am	Reformer Conditioning	9:30am	Reformer Conditioning	8:30am	Reformer Foundations	12:30pm	Reformer Cardio	9:00am	Reformer Burn Bootie Burner				
12:00pm	Reformer Burn	10:00am	Reformer Foundations	9:15am	Reformer Cardio	5:00pm	Reformer Conditioning	9:30am	Reformer Foundations				
4:00pm	Reformer Conditioning	12:30pm	Reformer Burn	10:00am	Reformer Conditioning	6:00pm	Reformer Foundations	10:30am	Reformer Conditioning				
5:00pm	Reformer Foundations	5:00pm	Reformer Conditioning	11:00am	Reformer Foundations	6:30pm	Yin Yoga & Meditation	12:00pm	Reformer Conditioning				
5:30pm	Reformer Conditioning	5:30pm	Barre Burn	12:00pm	Reformer Conditioning	7:00pm	Reformer Burn	THE WEEK!					
6:00pm	Mat Pilates HIIT	6:00pm	Reformer Conditioning	4:00pm	Reformer Foundations								
6:30pm	Reformer Burn	7:00pm	Reformer Burn	5:00pm	Reformer Burn								
7:30pm	Yin Yoga & Meditation			5:30pm	Tone & Strength								
				6:00pm	Reformer Conditioning								
				7:00pm	Reformer Foundations								

**Please make sure to book into classes via the MindBody App.
Classes are subject to change*

THE WELL