

THE WELL PILATES & YOGA TIMETABLE

Monday	
5:30am	Reformer Conditioning
6:00am	Reformer Conditioning
6:30am	Reformer Foundations
7:00am	Reformer Conditioning
7:30am	Reformer Burn
8:00am	Reformer Foundations
8:30am	Reformer Conditioning
9:00am	Reformer Cardio
9:30am	Reformer Foundations
12:00pm	Reformer Burn
4:30pm	Reformer Conditioning
5:30pm	Reformer Conditioning
6:30pm	Reformer Burn
7:30pm	Yin Yoga + Meditation

Tuesday	
5:30am	Reformer Burn
6:00am	Reformer Cardio
6:30am	Reformer Conditioning
7:00am	Reformer Foundations
7:30am	Reformer Strength
8:30am	Reformer Conditioning
9:30am	Reformer Conditioning
12:30pm	Reformer Burn
4:00pm	Reformer Foundations
5:00pm	Reformer Conditioning
6:00pm	Reformer Conditioning
7:00pm	Reformer Burn

Wednesday	
5:30am	Reformer Conditioning
6:00am	Reformer Conditioning
6:30am	Reformer Conditioning
7:00am	Reformer Conditioning
7:30am	Reformer Conditioning
8:30am	Reformer Foundations
9:00am	Reformer Strength
10:00am	Reformer Conditioning
12:00pm	Reformer Conditioning
4:00pm	Reformer Foundations
5:00pm	Reformer Burn
6:00pm	Reformer Conditioning
7:00pm	Reformer Foundations

Thursday	
5:30am	Reformer Strength
6:00am	Reformer Conditioning
6:30am	Reformer Burn
7:00am	Reformer Conditioning
7:30am	Reformer Conditioning
8:00am	Reformer Foundations
9:30am	Reformer Conditioning
10:30am	Reformer Conditioning
5:00pm	Reformer Conditioning
6:00pm	Reformer Foundations

Friday	
5:30am	Reformer Burn
6:00am	Reformer Foundations
6:30am	Reformer Conditioning
7:00am	Reformer Burn
7:30am	Reformer Foundations
8:00am	Reformer Conditioning
8:30am	Reformer Burn
9:00am	Reformer Strength
9:30am	Reformer Foundations
10:30am	Reformer Conditioning
10:30am	Yoga Flow
12:00pm	Reformer Conditioning

Saturday	
6:30am	Reformer Burn
7:00am	Reformer Conditioning
7:30am	Reformer Foundations
8:00am	Reformer Conditioning
8:30am	Reformer Burn
9:00am	Reformer Burn
9:30am	Reformer Conditioning
10:00am	Reformer Strength
10:30am	Reformer Foundations

Sunday	
8:00am	Reformer Foundations
9:00am	Reformer Conditioning
10:00am	Reformer Burn
11:00am	Reformer Foundations
12:00pm	Reformer Stretch

THE WELL

**Please book classes via the Mindbody app.
Classes are subject to change.*