



# 24/7 STUDIO TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6.00am	APR	APR	Fundamental	APR	UCR	SSR	SSR	
7.00am	SSR	SSR	SSR	JULIE CLINICAL PRIVATE SESSION	SSR	LYNN CLINICAL PRIVATE SESSION	SSR	
8.00am	SSR	LINDA CLINICAL PRIVATE SESSION	SSR		SSR		SSR	
9.00am	UCR		UCR		UCR	SSR	SSR	
10.00am	LYNN CLINICAL PRIVATE SESSION		SSR		SSR	SSR	Fundamental	Fundamental
11.00am		SSR	SSR		SSR	APR	APR	
12.00pm	SSR	Fundamental	SSR	Fundamental	SSR	SSR	SSR	
1.00pm	UCR	SSR	SSR	SSR	SSR	UCR	SSR	
2.00pm	UCR	SSR	SSR	SSR	SSR	Fundamental	Fundamental	
3.00pm	SSR	SSR	SSR	SSR	SSR	SSR	SSR	
4.00pm	VIDEO FREE SESSION	LYNN CLINICAL PRIVATE SESSION	VIDEO FREE SESSION	VIDEO FREE SESSION	VIDEO FREE SESSION	APR	APR	
4.30pm	SSR		UCR	SSR	UCR	VIDEO FREE SESSION	VIDEO FREE SESSION	
5.30pm	UCR		BUTT BURNER v.2 AWESOME ABS	UCR	SSR	UCR	UCR	UCR
6.30pm	UCR		SSR	SSR	SSR	SSR	SSR	SSR
7.30pm	Fundamental	APR	APR	Fundamental	SSR	SSR	SSR	
8.30pm	SSR	SSR	APR	SSR	SSR	SSR	SSR	

## Fundamental

This class delivers the building blocks for your future Pilates. Perfect the primary movement patterns and discover the control and stability that is unique to reformer Pilates

## APR

Athletic Performance Reformer. The secret to maximizing your performance and becoming a stable efficient and durable athlete.

## SSR

Strong Stable Reformer. Intense control and strength workout leaving no body part untouched.

## UCR

Ultimate Cardio Strength Combination. A workout like no other. Give it everything!