

APRIL 29th Reformer Timetable 2024


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	reformer 5:30 - 6: 15 Leana	reformer 5:30 - 6: 15 Nicole	reformer 5:30 - 6:15 Anna	reformer 5:30 - 6: 15 Heidi	reformer athletic 5:30 - 6:15 Bec		
6:00 AM	reformer 6:30 - 7:15 Leana	reformer 6:30 - 7:15 Nicole	reformer 6:30 - 7:15 Anna	reformer 6:30 - 7:15 Heidi	reformer 6:30 - 7:15 Leana		
7:00 AM	reformer 7:30 - 8:15 Rach	reformer 7:30 - 8:15 Anna	reformer 7:30 - 8:15 Anna	reformer 7:30 - 8:15 Kate	reformer 7:30 - 8:15 Leana	reformer 7:00 - 7:45 Maddison	
8:00 AM	Reformer 8:30 - 9:15 Rach	reformer 8:30 - 9:15 Anna	reformer 8:30 - 9:15 Kate	reformer 8:30 - 9:15 Kate	reformer 8:30 - 9:15 Anna	reformer 8:00 - 8:45 Maddison	reformer 8:00 - 8:45 Zhara
9:00 AM	Reformer 9:30 - 10:15 Rach	reformer 9:30 - 10:15 Anna	reformer 9:30 - 10:15 Kate	reformer 9:30 - 10:15 Kate	reformer 9:30 - 10:15 Leana	reformer 9:00 - 9:45 Maddison	reformer 9:00 - 9:45 Zhara
10:00 AM	reformer 10:30 - 11:15 Kate		reformer 10:30 - 11:15 Anna		reformer 10:30 - 11:15 Anna		
11:00 PM	reformer 11:45 - 12:30 Kate				reformer 11:45 - 12:30 Anna		
3:00 PM							
4:00 PM	reformer athletic 4:30 - 5:15 Maddison	reformer 4:30 - 5:15 Rach	reformer 4:30 - 5:15 Leana	reformer athletic 4:30 - 5:15 Kate			
5:00 PM	reformer 5:30 - 6:15 Maddison	reformer 5:30 - 6:15 Rach	reformer 5:30 - 6:15 Leana	reformer 5:30 - 6:15 Kate			
6:00 PM		reformer 6:30 - 7:15 Rach	reformer 6:30 - 7:15 Leana	reformer 6:30 - 7:15 Kate			

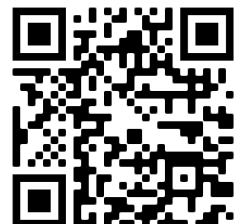
Stay up to date with all things group fitness, join "Tweed Groupies" on Facebook

Reception hours: Mon-Thurs 8:00am - 7:00pm, Fri 8.00am -5pm, Sat 8:00am - 12:00pm
Public holidays: 24/7 access only, classes vary.

Creche: Mon to Wed 8.15 - 11.45am & 4.30 - 7.00pm, Thurs & Fri 8.15 - 11.45am, Sat 7 - 10:45am.
Bookings Essential the day before

Contact us on (07) 5523 3438 or tweed@movementhealthclubs.com.au

Bookings Essential for classes and creche through the GymMaster Member app. 



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Reformer Pilates

Reformer Pilates classes are for Reformer members only. Bookings Essential.

If you would like more information about our Reformer Pilates Membership, please speak to one of our team.

reformer

The reformer is a Pilates apparatus designed to add resistance and support to a classical Pilates workout. Emphasizing core breath, core stabilisation, and full body awareness. A full-body workout strengthening your deepest abdominal muscles while sculpting your legs, arms, and back suitable for all.

reformer athletic

A dynamic Reformer Class that incorporates athletic, dynamic moves and cardio training.

reformer modified

This is a modified Reformer class that is structured to people who are new to Reformer and those with injuries, limitations and who are pregnant. These classes will familiarise you with the equipment and technique.

reformer stretch

A wonderful Reformer class where stretching movements are incorporated for a longer period of time with smooth transitions for long lean muscle.