

PARKDALE REFORMER STUDIO TIMETABLE

THIS IS A SAMPLE TIMETABLE: Due to the current Covid-19 restrictions current timetables are temporarily unavailable.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Strength+Jump Reformer	Pure Reformer	Strength Reformer	Strength+Jump Reformer	Pure Reformer	Strength Reformer	
7:00am	Pure Reformer	Strength Reformer	Strength+Jump Reformer	Pure Reformer	Strength Reformer	Strength+Jump Reformer	
8:00am						Pure Reformer	
8:30am							Strength Reformer
9:00am						Strength Reformer	
9:30am	Strength Reformer	Strength+Jump Reformer	Pure Reformer	Strength Reformer	Pure Reformer		Pure Reformer
10:00am						Pure Reformer	
10:30am							Strength+Jump Reformer
10:40am		Pure Reformer	Strength Reformer	Pure Reformer	Pure Reformer		
11:00am						Discovery	
11:30am							Pure Reformer
12:00pm			Discovery				
4:30pm					Pure Reformer		
5:00pm				Pure Reformer			
5:30pm	Strength+Jump Reformer	Strength Reformer	Strength+Jump Reformer		Strength Reformer		
6:00pm				Strength Reformer			
6:30pm	Pure Reformer	Strength Reformer	Pure Reformer				
7:00pm				Discovery			
7:30pm	Strength Reformer	Pure Reformer	Strength Reformer				
7:40pm				Strength Reformer			



PINNACLE
wellness

All classes are 50 minutes duration. Printed timetables subject to change. Please check the Pinnacle Studio App for current classes.

BOOKINGS ESSENTIAL. BOOK VIA PINNACLE STUDIO APP

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