

# UPWEY 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 Reformer	Pure Reformer	Strength Reformer	Pure Reformer	Pure Reformer		
7:00am		Strength + Jump Reformer				Strength Reformer	
8:00am						Strength + Jump Reformer	
8:30am							Strength Reformer
9:00am						Pure Reformer	
9:30am	Strength Reformer	Pure Reformer	Pure Reformer	Strength + Jump Reformer	Strength Reformer		Pure Reformer
10:00am						Strength Reformer	
10:40am	Pure Reformer	Strength Reformer	Strength + Jump Reformer	Strength Reformer	Pure Reformer		Strength + Jump Reformer
4:30pm		Pure Reformer	Pure Reformer	Strength Reformer			
5:30pm	Strength Reformer	Pure Reformer	Strength Reformer	Strength + Jump Reformer	Strength Reformer		
6:30pm	Pure Reformer	Strength Reformer	Strength Reformer	Pure Reformer			
7:30pm	Pure Reformer	Strength Reformer	Pure Reformer	Reformer Discovery			



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

BOOKINGS ESSENTIAL. BOOK VIA THE PINNACLE STUDIO APP

82 MAIN STREET, UPWEY PH: 03 9754 2181 PINNACLEWELLNESS.COM.AU