

REFORMER TIMETABLE

STARTS 12th October 2026



**MICHAEL CLARKE
RECREATION
CENTRE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am		Beginner Reformer Alana		Beginner Reformer Alana			
8:00am				Intro Reformer Alana		Intro Reformer Alana	
8:30am	Intro Reformer Alana			Reformer Alana		Reformer Alana	
9:00am	Beginner Reformer Alana		Intro Reformer Sammi		Reformer Alana		
9:30am		Beginner Reformer Leanne	Beginner Reformer Sammi	Beginner Reformer Alana		Reformer Alana	
10:00am	Reformer Alana				Reformer Alana		
10:30am		Reformer Leanne	Reformer Sammi				
5:30pm		Intro Reformer Nel	Intro Reformer Nel				
6:00pm		Intermediate Reformer Nel	Reformer Nel	Reformer Sammi			
7:00pm		Beginner Reformer Nel		Beginner Reformer Sammi			
Please refer to our website for the most updated timetable.							

All reformer members have access to our kiosks outside instructor lead classes



**REFORMER
AT MCRC**

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