



STAFFED HOURS	5am - 8pm	5am - 8pm	5am - 8pm	5am - 8pm	5am - 6.30pm	7am - 4pm	7am - 4pm
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	REFORMER >>>	REFORMER >>>	REFORMER >>>	REFORMER >>>	REFORMER >>>		
8:00 AM						REFORMER >>>	REFORMER >>>
9:00 AM	REFORMER >>>	REFORMER >>>	REFORMER >>>	REFORMER >>>	REFORMER >>>	REFORMER >>>	
10:00 AM	REFORMER >>>	REFORMER >>>	REFORMER >>>	REFORMER >>>	REFORMER >>>		
4:00 PM	REFORMER >>>	REFORMER >>>	REFORMER >>>	REFORMER >>>	REFORMER >>> Stretch		
5:30 PM	REFORMER >>>	REFORMER >>>	REFORMER >>>	REFORMER >>>			
6:30 PM	REFORMER >>>	REFORMER >>>	REFORMER >>>	REFORMER >>>			

### Class Description:

REFORMER >>> is our signature mind, body training class tailored to meet the burn in all the right places. Our Clinical Reformers will improve strength, stability and tone from head to toe.

If this is your first class, be sure to bring a sticky mat and pilates socks. Don't worry if you don't have these, they are available in starter packs at reception.

Bring a water bottle to rehydrate as you workout and a towel.

Timetable effective 1st September, 2023.

ALL WG30 CLASSES ARE 45 MINUTES

Bring a towel and water bottle to your class.

When using the booking system, unbook if you cannot make a class.

WG30 Platinum Memberships are non-transferrable.

Enquires: [sharon@co.worldgym.com.au](mailto:sharon@co.worldgym.com.au)



SCAN THE QR CODE and book into your next class today. Bookings are ESSENTIAL

<https://worldgym-bundaberg.yepbooking.com.au/>

