

# Ebb&Flow

YOGA PILATES BARRE

## REFORMER TIMETABLE

### Monday

07:00 - 07:55 Reformer FUNDAMENTALS  
09:15 - 10:10 Reformer TRANSFORM  
16:45 - 17:40 Reformer TRANSFORM

### Tuesday

09:15 - 10:10 Reformer FUNDAMENTALS  
10:15 - 11:10 Reformer TRANSFORM  
18:45 - 19:40 Reformer FUNDAMENTALS  
19:45 - 20:40 Reformer TRANSFORM

#### Reformer FUNDAMENTALS:

This class is for all levels and will focus on the fundamentals of Reformer Pilates including control, stability, core activation, posture and technique. Suitable for beginners and with only 6 clients per class, you will have maximum tailored instruction from your teacher to gain maximum benefit!

### Wednesday

07:00 - 07:55 Reformer TRANSFORM  
10:00 - 10:55 Reformer TRANSFORM  
16:00 - 16:55 Reformer CORE  
17:00 - 17:55 Reformer FUNDAMENTALS

### Thursday

07:00 - 07:55 Reformer TRANSFORM  
09:15 - 10:10 Reformer CORE  
10:15 - 11:10 Reformer FUNDAMENTALS  
18:00 - 18:55 Reformer TRANSFORM  
19:00 - 19:55 Reformer FUNDAMENTALS

#### Reformer TRANSFORM:

This class is a full body workout focused on strength & control through dynamic exercises. You will be given variations and options to adjust your spring tension so is suitable for all levels. Although we recommend attending the fundamentals class before joining this class, it's not necessary!

### Friday

07:00 - 07:55 Reformer CORE  
08:00 - 08:55 Reformer FUNDAMENTALS  
09:00 - 09:55 Reformer TRANSFORM

### Saturday

07:30 - 08:25 Reformer FUNDAMENTALS  
08:30 - 09:25 Reformer TRANSFORM

### Sunday

07:15 - 08:10 Reformer CORE  
08:15 - 09:10 Reformer TRANSFORM  
09:15 - 10:10 Reformer FUNDAMENTALS

#### Reformer CORE:

This class is a strong full body workout focused on cardio-core jumping using reformer trampolines to elevate your heart rate and strengthen your core. This class is suitable for clients with some reformer experience already.