

BodyBella Pilates Group Reformer Timetable

Book on www.bodybella.co.nz - just click on the Book Now button. There are four spaces in each class. Group Reformer classes are \$28pp, per class. **Note** that class times marked with * are run on alternate weeks.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6 - 6:45am Group Reformer		6 - 6:45am Group Reformer	
	9 - 9:45am Group Reformer		9 - 9:45am Group Reformer	9:15 - 9:45am Introduction*	9 - 9:45am Group Reformer
				10 - 10:45am Group Reformer	10 - 10:45am Group Reformer
					11 - 11:45am Group Reformer
	4 - 4:45pm Group Reformer		4 - 4:45pm Group Reformer		
5:15 - 5:55pm Beginner Reformer	5:15 - 5:55pm Group Reformer	5:45 - 6:30pm Group Reformer	5 - 5:45pm Group Reformer		
6 - 6:45pm Group Reformer	6 - 6:45pm Group Reformer	6:30 - 7:15pm Beginner Reformer	6:15 - 7:00pm Group Reformer		
7 - 7:45pm Group Reformer	7 - 7:45pm Group Reformer		7 - 7:30pm Introduction*		

BodyBella Pilates Group Reformer Timetable

- Always wear grip socks for hygiene purposes and health and safety.
- Clean your machine down after class.
- If you are unwell, please stay at home and take care of yourself and give as much notice as possible.
- Advise the instructor if you have any injuries or conditions so exercises can be modified for you.
- All due care will be taken, however BodyBella Pilates Ltd is not responsible for any injury you may incur.
- If you cancel with less than 24 hours' notice, you will be charged for the class.



All payments can be made online to:
BodyBella Pilates Ltd, Bank Account 12-3142-0476294-00
M: 021 110 6088 E: mel@bodybella.co.nz www.bodybella.co.nz