REFORMER CLASSES (1:6)
TIMETABLE
EFFECTIVE 1 NOVEMBER 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08.30	HELEN	SERJI	TARA	MIRANDA	TARA	SERJI or HELEN or SOPHIE
09.30	HELEN	MIRANDA	MIRANDA	MIRANDA	HELEN / YASMIN	SERJI or HELEN or SOPHIE
10.30	HELEN		TARA		YASMIN (FOUNDATION)	
11.30				SERJI		SERJI or HELEN or SOPHIE
12.00	HANNAH				SOPHIE	
12:30			MIRANDA			
13.00		SERJI		*** NEW *** ANTONIA (FOUNDATION)	TARA	
13:30			HELEN (FOUNDATION)			
14.00	HANNAH	SERJI		HELEN		
18.00	SERJI	SERJI		SOPHIE	SOPHIE	
19.00	SERJI	SERJI		SOPHIE		

ENQUIRIES: 0742 848 0827 westcott@corefitphysio.com

STUDIO CLASSES (1:8)
TIMETABLE
EFFECTIVE 1 NOVEMBER 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:30						
09:30				DYNAMIC BARRE with SERJI		
10:30	DYNAMIC MATWORK with TARA					
12:00		DYNAMIC BARRE with SERJI				
12:30			* NEW * DYNAMIC MATWORK with ANTONIA			
13:00					* NEW * DYNAMIC MATWORK with CHLOE	
14:00						
17:00						
18.00		DYNAMIC MATWORK with HANNAH		DYNAMIC MATWORK with YASMIN		
19.00	DYNAMIC MATWORK with HANNAH	DYNAMIC MATWORK with HANNAH				

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