

Core Timetable 2026

Day	Time	Class	Instructor
Monday	09:00 17:00 18:00 19:00	Mixed Ability Mixed Ability Foundations Elevate	Laura Rosina Rosina Rosina
Tuesday	09:00 10:00 17:30 18:30	Foundations Mixed Ability Mixed Ability Reformer Strength	Heather
Wednesday	09:00 17:30 18:30 19:30	Mixed Ability Mixed Ability Elevate Mixed Ability	Laura Mollie Mollie Mollie
Thursday	12:00 13:00 18:00 19:00 20:00	Mixed Ability Mixed Ability Mixed Ability Foundations Mixed Ability	Heather Heather Mollie Mollie Mollie
Friday	07:30 09:00 10:00	Mixed Ability Mixed Ability Foundations	Rosina
Saturday	08:00 09:00 10:00 11:00	Mixed Ability Elevate Foundations Foundations	Gemma/Mollie
Sunday	08:30 09:30 10:30	Mixed Ability Strength Foundations	Gemma