

PLATINUM TIMETABLE



EFFECTIVE 7 OCTOBER 2025

THE DUNGEON

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.00 AM	DUNGEON	DUNGEON	DUNGEON	DUNGEON	DUNGEON		
6.00 AM		DUNGEON	DUNGEON	DUNGEON			
7.00 AM						DUNGEON	DUNGEON
8.00 AM							
9.15 AM	DUNGEON	DUNGEON		DUNGEON	DUNGEON		
4.30 PM							
5.15 PM	DUNGEON	DUNGEON	DUNGEON	DUNGEON			
5.30 PM							

REFORMER PILATES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.15 AM	REFORMERS	REFORMERS	REFORMERS	REFORMERS	REFORMERS		
6.15 AM	REFORMERS	REFORMERS	REFORMERS	REFORMERS	REFORMERS		
7.00 AM	REFORMERS 7.15AM					REFORMERS	REFORMERS 7.15AM
8.00 AM						REFORMERS	
9.00 AM						REFORMERS	
8.15 AM	REFORMERS	REFORMERS	REFORMERS	REFORMERS	REFORMERS		REFORMERS
9.15 AM	REFORMERS	REFORMERS	REFORMERS	REFORMERS	REFORMERS		REFORMERS
10.15 AM					REFORMERS		
12.15 PM	REFORMERS						
4.15 PM		REFORMERS	REFORMERS				
4.30 PM				REFORMERS	REFORMERS		
5.00 PM	REFORMERS						
5.15 PM		REFORMERS	REFORMERS				
5.30 PM				REFORMERS	REFORMERS		
6.00 PM	REFORMERS						
6.15 PM		REFORMERS	REFORMERS				

MASTERS CLASSES

The masters program is designed for seniors. Non-Platinum members can attend at a cost of \$5 per class. Platinum members receive this program free of charge.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00 AM		DUNGEON		DUNGEON			
10.15 AM	REFORMERS		REFORMERS				
11.15 AM					REFORMERS		