

# PLATINUM TIMETABLE

**EFFECTIVE 26 APRIL 2023**



## 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						DUNGEON	
9.15 AM	DUNGEON	DUNGEON	DUNGEON	DUNGEON	DUNGEON		
4.30 PM			DUNGEON				
5.15 PM	DUNGEON	DUNGEON					
5.30 PM			DUNGEON	DUNGEON	DUNGEON		
6.15 PM		DUNGEON					

## 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 7.15AM		REFORMERS	
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				REFORMERS		
5.00 PM	REFORMERS						
5.15 PM		REFORMERS	REFORMERS				
5.30 PM				REFORMERS			
6.00 PM	REFORMERS						
6.15 PM		REFORMERS	REFORMERS				

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### STAFFED HOURS

Monday - Thursday 5AM - 8PM ; Friday 5AM - 7PM  
Saturday 7AM - 3PM  
Sunday 8AM - 3PM

