

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7am</b>					
<b>12pm</b>	Functional Strength	HIIT 30	Cardio-X	HIIT 30	Functional Strength
<b>1pm</b>		Yoga	Pilates	Yoga (1:15pm)	
<b>5pm</b>			Functional Strength		

## Class Bookings

 [acusport.acu.edu.au/gyms](https://acusport.acu.edu.au/gyms)

 02 9465 9386

 [acuactive.nthsyd@acu.edu.au](mailto:acuactive.nthsyd@acu.edu.au)

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# Reformer Pilates Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7am					
12pm	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates (12:15pm)	Reformer Pilates
1pm	Reformer Pilates		Mat Pilates		
2pm					
5pm		Reformer Pilates			

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