

VIRTUAL REFORMER PILATES

CLASS TIMETABLE



Curtin University

SPORT AND RECREATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:05AM	6:30AM	6:05AM	6:30AM	6:05AM
7:30AM	8:00AM	7:30AM	8:00AM	7:30AM
9:00AM	9:00AM	9:00AM	9:00AM	9:00AM
10:30AM	10:30AM	10:30AM	10:30AM	10:30AM
11:30AM (30 mins)	12:00PM (30 mins)	11:30AM (30 mins)	12:00PM (30 mins)	11:30AM (30 mins)
12:30PM	1:00PM	12:30PM	1:00PM	12:30PM
2:00PM		2:00PM		2:00PM
4:30PM	5:00PM	4:30PM	5:00PM	4:30PM
5:30PM	6:00PM	5:30PM	6:00PM	5:30PM
7:00PM	7:30PM	7:00PM	7:30PM	

SATURDAY	SUNDAY
8:30AM	8:30AM
9:30AM	9:30AM
12:00PM	12:00PM
2:00PM	2:00PM

Class run time is approximately 45 minutes unless specified.

Scheduled induction sessions are available each week prior to standard classes. It is recommended to attend one of these induction sessions before participating in your first class. An induction session is not inclusive of one of your weekly credits. See the live timetable when booking your class to view the class type.

Please do not arrive more than 5 minutes before your class to ensure you do not disturb the class prior to yours. Limited class slots are available and bookings are required for all classes.

NO SHOW FEES

Please note a \$5 fee will apply if:

- You book a class and cancel within 2 hours of the class start time.
- You fail to attend your class booking.
- You arrive more than 5-minutes late to your class.

HOW DO I BOOK A CLASS

STEP 1:

Visit the Stadium Reception to add Virtual Reformer Pilates to your existing membership at the Curtin Fitness Centre.

STEP 2:

Choose a class on the online Pilates timetable and reserve your place.

STEP 3:

Arrive with enough time to check in to your class at reception and receive your entry docket required to enter the class. A \$5 fee will apply if you book a class and cancel within 2 hours of the class start time, or if you do not attend your booked class.

STEP 4:

Enter the Pilates studio and choose your Reformer Pilates machine. If it's your first time, make sure to watch the induction video before you start your first class.

**BOOK A CLASS ON THE
LIVE TIMETABLE**

