

REFORMER SCHEDULE



MONDAY

Bowfield Reformer Full Body
19:30–20:15
Instructor: Ronnie Connick



TUESDAY

Bowfield Reformer Full Body
09:45–10:30
Instructor: Jennie Mcdermott



WEDNESDAY

Bowfield Reformer Full Body
17:00–17:45
Instructor: Jennie Mcdermott

Bowfield Reformer Strong
19:30–20:15
Instructor: Alexis Holmes



THURSDAY

Rise & Reform
07:00–07:45

Instructor: Shona Bassano

Bowfield Reformer Full Body
12:00–12:45
Instructor: Zoe Smith

Bowfield Reformer Full Body
19:45– 20:30
Instructor: Zoe Smith



FRIDAY

Bowfield Reformer Full Body
11:30–12:15
Instructor: Ruth Wilson–Sherman

Bowfield Reformer Full Body
17:30–18:15
Instructor: Lynn Duffy



SATURDAY

Bowfield Reformer Strong
10:00–10:45
Instructor: Lynn Duffy



SUNDAY

Bowfield Reformer Full Body
10:00–10:45
Instructor: Lynn Murphy

Bowfield Reformer Full Body
12:00–12:45
Instructor: Ronnie Connick

All classes are held in
Reformer Studio

Class attendances are regularly monitored & may be subject to change.
For the most up-to-date class timetable, we recommend checking your app, which will reflect any live changes or updates. **Thank you.**



HEALTH CLUB
AT BOWFIELD