THE REFORMER CLASSES GUIDE

NOVEMBER TIMELINE:

SAVE THESE DATES:

GETTING READY:

REGISTRATION COMPLETE
BY 26 OCT

29 OCT OPTIONAL INTRO MEETING
@ 13:30 UK TIME

WEEK 1: THE CLASS

What you need to do this week:
View/do class
Look at notes

KICK OFF! 1 NOV

WEEK 2: BEHIND THE PROGRAMMING

Join a live online session (60 to 90 minutes)
show up on the day or catch up later.

12 NOV @ 13:30 (UK TIME)

WEEK 3: LIVE Q&A

Bring questions to meeting, or send it in before the time and catch up the session recording if needed.

19 NOV @ 13:30 (UK TIME)

WEEK 4: COMMUNITY REVIEW

Feedback shared and discussed. Prompts will be sent.
Join the live meeting or catch up if needed.

26 NOV @ 13:30 (UK TIME)

- Recordings will be available for 1 week post the event date
- Question promps can be sent if you are not sure what to ask
- You do not have to do/teach or try the whole classs - you can focus on sections of interest if that works better.

Sulene ashton
PILATES