

# FORMA | JULY PILATES SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>REFORMER</b> All Levels 7:30am Pam		<b>REFORMER</b> All Levels 7:30am Pam			
<b>REFORMER</b> All levels 9:00am Yuki	<b>SPECIALIZED</b> Orthopedic 9:00am Karen	<b>REFORMER</b> All levels 9:00am Jamie	<b>REFORMER</b> All levels 8:45am Pam	<b>REFORMER</b> All Levels 9:00am Rosalyn	<b>REFORMER</b> All Levels 9:00am Yuki	
<b>REFORMER</b> All Levels 10:00am Yuki	<b>REFORMER</b> All Levels 10:00am Loan	<b>REFORMER</b> All Levels 10:00am Jessica	<b>REFORMER</b> All Levels 10:00am Jamie	<b>REFORMER</b> All Levels 10:00am Rosalyn	<b>REFORMER</b> All Levels 10:00am Yuki	<b>REFORMER</b> All Levels 10:15am Meg
	<b>REFORMER</b> All Levels 12:00pm Rosalyn					
		<b>REFORMER</b> All Levels 4:15pm Yuki	<b>REFORMER</b> All Levels 4:30pm Tricia	<b>REFORMER</b> All Levels 4:15pm Pam		
<b>REFORMER</b> All Levels 5:30pm Rocio	<b>REFORMER</b> All Levels 5:30pm Karen		<b>REFORMER</b> All Levels 5:30pm Karen			
<b>REFORMER</b> All Levels 6:30pm Rocio						

*24-hour notice is required for any cancellation to avoid full charge.*

*Class is subject to change.*

*For question, contact  
[yuki@formagym.com](mailto:yuki@formagym.com)*