

FORMA | NOVEMBER PILATES SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p>REFORMER All Levels 7:30am Pam</p>		<p>REFORMER All Levels 7:30am Pam</p>			
<p>REFORMER All levels 9:00am Autumn</p>	<p>REFORMER All levels 8:45am Pam</p>		<p>REFORMER All levels 8:45am Pam</p>			
<p>REFORMER All Levels 10:00am Autumn</p>	<p>REFORMER All Levels 10:00am Loan</p>	<p>REFORMER All Levels 10:00am Jessica</p>	<p>REFORMER All Levels 10:00am Yuki</p>	<p>REFORMER All Levels 10:00am Rosalyn</p>	<p>REFORMER All Levels 10:00am Yuki</p>	<p>REFORMER All Levels 10:15am Meg</p>
<p>ANTI-INFLA MMATORY LAB 11:00am Autumn</p>				<p>REFORMER All Levels 11:00am Rosalyn</p>		
<p>REFORMER All Levels 12:00pm Autumn</p>	<p>REFORMER All Levels 12:00pm Rosalyn</p>					
		<p>REFORMER All Levels 4:15pm Yuki</p>		<p>REFORMER All Levels 4:15pm Pam</p>		
<p>REFORMER All Levels 5:30pm Julie</p>	<p>REFORMER All Levels 5:30pm Karen</p>		<p>REFORMER All Levels 5:30pm Karen</p>			
<p>REFORMER All Levels 6:30pm Julie</p>						
					<p><i>24-hour notice is required for any cancellation to avoid full charge.</i></p> <p><i>Class is subject to change.</i></p> <p><i>For question, contact yuki@formagym.com</i></p>	