

FORMA | DECEMBER PILATES SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	REFORMER All Levels 7:30am Pam		REFORMER All Levels 7:30am Pam			
REFORMER All levels 9:00am Autumn	REFORMER All levels 8:45am Pam		REFORMER All levels 8:45am Pam			
REFORMER All Levels 10:00am Autumn	REFORMER All Levels 10:00am Loan		REFORMER All Levels 10:00am Yuki	REFORMER All Levels 10:00am Loan	REFORMER All Levels 10:00am Yuki	REFORMER All Levels 10:15am Meg
CARDIO JUMPBOARD 11:00am Autumn (30 min)		REFORMER All Levels 11:00am Jessica				
REFORMER All Levels 12:00pm Autumn	REFORMER All Levels 12:00pm Rosalyn			REFORMER All Levels 12:00am Rosalyn		
		REFORMER All Levels 4:15pm Yuki		REFORMER All Levels 4:15pm Pam		
REFORMER All Levels 5:30pm Julie	REFORMER All Levels 5:30pm Karen		REFORMER All Levels 5:30pm Karen			
REFORMER All Levels 6:30pm Julie						

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

Class is subject to change.

*For question, contact
yuki@formagym.com*