

FORMA | PILATES SCHEDULE - JAN 2025

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 Jamie</p>	<p>REFORMER All levels 8:30am Pam</p>		<p>REFORMER All levels 8:30am Pam</p>	<p>REFORMER All levels 9:00am Jamie</p>		
<p>REFORMER All Levels 10:00am Jamie</p>	<p>REFORMER All Levels 10:00am Loan</p>	<p>REFORMER All Levels 10:00am Jamie</p>	<p>REFORMER All Levels 10:00am Yuki</p>	<p>REFORMER All Levels 10:00am Loan</p>	<p>REFORMER All Levels 10:00am Yuki</p>	<p>REFORMER All Levels 10:15am Meg</p>
		<p>REFORMER All Levels 11:00am Jessica</p>				
<p>REFORMER All Levels 12:00pm Yuki</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>						

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

Class is subject to change.

*For question, contact
yuki@formagym.com*