

FORMA | PILATES SCHEDULE - MAR 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	REFORMER All Levels 7:00am Pam		REFORMER All Levels 7:00am Pam			
REFORMER All levels 9:00am Jamie				REFORMER All levels 9:00am Jamie		
REFORMER All Levels 10:00am Jamie	REFORMER All Levels 10:00am Loan	REFORMER All Levels 10:00am Jamie	REFORMER All Levels 10:00am Yuki	REFORMER All Levels 10:00am Loan	REFORMER All Levels 10:00am Yuki	REFORMER All Levels 10:15am Meg
		REFORMER All Levels 11:00am Jessica				
REFORMER All Levels 12:00pm Yuki	REFORMER All Levels 12:00pm 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			

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

Class is subject to change.

*For question, contact
yuki@formagym.com*