

FORMA | PILATES SCHEDULE - APRIL 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 10:00am 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			
					<p>24-hour notice is required for any cancellation to avoid full charge.</p> <p>Class is subject to change.</p> <p>For question, contact yuki@formagym.com</p>	