

FORMA | PILATES SCHEDULE - JAN 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REFORMER All levels 9:00am Jamie	REFORMER All Levels 7:00am Pam		REFORMER All Levels 7:00am Pam			
REFORMER All Levels 10:00am Jamie	REFORMER Advanced 9:00am Loan	REFORMER All levels 9:00am Laura	REFORMER Advanced 9:00am Leslie	REFORMER All levels 9:00am Jamie	REFORMER All Levels 9:00am Yuki	
REFORMER All Levels 12:00pm Yuki	REFORMER All Levels 10:00am Loan	REFORMER All Levels 10:00am Jamie	REFORMER All Levels 10:00am Leslie	REFORMER All Levels 10:00am Loan	REFORMER All Levels 10:00am Yuki	REFORMER All Levels 10:00am Meg
REFORMER All Levels 5:30pm Julie		REFORMER All Levels 11:00am Jessica				
		REFORMER All Levels 4:15pm Yuki		REFORMER All Levels 4:15pm Pam		
	REFORMER All Levels 5:30pm Jessica		REFORMER All Levels 5:30pm Jessica			

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

Class is subject to change.

*For question, contact
yuki@formagym.com*