

# FORMA | PILATES SCHEDULE - FEB 2026

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 All Levels 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 2/14, 2/28	
REFORMER All Levels 11:00pm Yuki		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 12:00pm Yuki		REFORMER All Levels 11:00am Jessica			REFORMER All Levels 11:00am Yuki 2/7, 2/21	REFORMER All Levels 11:00am Meg
REFORMER All Levels 5:30pm Julie		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*