

# FORMA | PILATES SCHEDULE - MARCH 2026

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

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

*Class is subject to change.*

*For question, contact  
[yuki@formagym.com](mailto:yuki@formagym.com)*