

FORMA | PILATES SCHEDULE - JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	REFORMER All Levels 7:00am Pam		REFORMER All Levels 7:00am Pam			
REFORMER All levels 9:00am Leslie	REFORMER Advanced 9:00am Loan	REFORMER All levels 9:00am Jamie	REFORMER Advanced 9:00am Leslie	REFORMER All levels 9:00am Jamie		
REFORMER All Levels 10:00am Leslie	REFORMER All Levels 10:00am Loan	REHAB REFORMER 10:00am Jessica	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 11:15pm Yuki		REFORMER All Levels 11:15am Yuki				
				REFORMER All Levels 4:15pm Pam		
REFORMER All Levels 5:30pm Jamie	REFORMER All Levels 5:30pm Jessica	REFORMER All Levels 4:30pm Jenn	REFORMER All Levels 5:30pm Jessica			
COMING SOON! 6:30pm	REFORMER All Levels 6:30pm Yuki	COMING SOON! 5:30pm	REFORMER All Levels 6:30pm Yuki			

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

Class is subject to change.

*For question, contact
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