

FORMA | PILATES SCHEDULE - AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	REFORMER All Levels 7:00am Pam		REFORMER All Levels 7:00am Pam			
REFORMER All levels 9:15am 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 10:15am Leslie		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 12:00pm Yuki		TEACHER TRAINING Practice 3:00pm Yuki				
		REFORMER All Levels 4:30pm Jenn		REFORMER All Levels 4:15pm Pam		
REFORMER All Levels 5:30pm Jamie	REFORMER All Levels 5:30pm Yuki	COMING SOON! 5:30pm	REFORMER All Levels 5:30pm Jessica			
COMING SOON! 6:30pm	TEACHER TRAINING Practice 6:30pm Yuki		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 yuki@formagym.com	