

VIVAFit

REFORMER PILATES

MONDAY	9:30 AM	SCULPT REFORM
	5:00 PM	FLOW REFORM
TUESDAY	9:30 AM	FLOW REFORM
	6:00 PM	ATHLETIC REFORM
WEDNESDAY	9:30 AM	ATHLETIC REFORM
	5:00 PM	SCULPT REFORM
THURSDAY	9:30 AM	SCULPT REFORM
	6:00 PM	FLOW REFORM
FRIDAY	9:30 AM	FLOW REFORM
	5:00 PM	ATHLETIC REFORM
SATURDAY	9:00AM	FLOW REFORM
	10:30AM	SCULPT REFORM

Levels

Flow Reform - Beginner

Sculpt Reform - Intermediate

Athletic Reform - Advanced

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