

# VIVAFit

## REFORMER PILATES

MONDAY	9:30 AM	FLOW REFORM
	4:00 PM	FLOW REFORM
TUESDAY	9:30 AM	SCULPT REFORM
	6:00 PM	FLOW REFORM
WEDNESDAY	9:30 AM	FLOW REFORM
	4:00 PM	SCULPT REFORM
THURSDAY	9:30 AM	SCULPT REFORM
	6:00 PM	SCULPT REFORM
FRIDAY	9:30 AM	FLOW REFORM
	4:00 PM	FLOW REFORM
SUNDAY	9:00 AM	FOUNDATION REFORM
	9:30 AM	FLOW REFORM
	10:30 AM	SCULPT REFORM

Levels

Foundation Reform - Beginners

Flow Reform - Beginners

Sculpt Reform - Intermediate

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