

VIVAFit

REFORMER PILATES

MONDAY	9:30 AM	SCULPT REFORM
	7:30 PM	SCULPT REFORM
TUESDAY	9:30 AM	FLOW REFORM
	7:30 PM	FLOW REFORM
WEDNESDAY	9:30 AM	ATHLETIC REFORM
	7:30 PM	ATHLETIC REFORM
THURSDAY	9:30 AM	SCULPT REFORM
	7:30 PM	SCULPT REFORM
FRIDAY	9:30 AM	FLOW REFORM
SATURDAY	9:30 AM	ATHLETIC REFORM