



VIVAfit

REFORMER PILATES

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

Levels

Flow Reform - Beginners

Sculpt Reform - Intermediate

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