

VIVAFit

REFORMER PILATES

MONDAY	9:30 AM	FLOW REFORM
	5:00 PM	FLOW REFORM
TUESDAY	9:30 AM	SCULPT REFORM
	6:00 PM	FLOW REFORM
WEDNESDAY	9:30 AM	FLOW 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	SCULPT REFORM
SUNDAY	9:00 AM	FLOW REFORM
	10:00 AM	FOUNDATION REFORM
	10:30 AM	SCULPT REFORM

Levels

Foundation Reform - Beginners

Flow Reform - Beginners

Sculpt Reform - Intermediate

dubaigolf.com/viyafit