

SAC Reformer PILATES Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM					REFORMER FLOW (Rebecca)	7:30 REFORMER FLOW (Susan)	
8:00 AM	REFORMER FLOW (Susan)	REFORMER FLOW (Tonya)	REFORMER FLOW (Patti)	REFORMER FLOW (Patti)	REFORMER FLOW (Tonya)	8:30 REFORMER FLOW (Susan)	8:30 REFORMER FLOW (Rebecca)
9:00 AM	REFORMER FLOW (Susan)	INTERMEDIATE & UP (Tonya)		CARDIO SCULPT (Patti)	INTERMEDIATE & UP (Tonya)	9:30 REFORMER FLOW (Susan)	9:30 REFORMER FLOW (Rebecca)
10:00 AM	REFORMER FLOW (Patti)	CARDIO SCULPT (Patti)	REFORMER FLOW (Patti)	STRETCH & RESTORE (Rebecca)	REFORMER FLOW (Tonya)	10:30 REFORMER FLOW (Susan)	10:30 REFORMER FLOW (Rebecca)
5:30 PM	REFORMER FLOW (Susan)	REFORMER FLOW (Rebecca)	REFORMER FLOW (Gigi)	6:00 REFORMER FLOW (Gigi)		 1/28/26	
7:00 PM		6:30 REFORMER FLOW (Rebecca)					

- \$40 per session drop in fee
- \$30 per session with a package of 4 or 8 sessions (1 month expiration for 4 pack, 2 month expiration for 8 pack)
- \$22.50 per session with a package of 20 sessions (2 month expiration)



Contact Patti Bode at:
Patti@SpartaAthleticCampus.com

Register on the SAC app (Opens 14 days prior to class)

PACKAGES ARE FINAL AND NON-REFUNDABLE/TRANSFERABLE

115 Sparta Ave. Sparta NJ 07871 973-729-9141
www.SpartaAthleticCampus.com