


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)		 1/30/26	
7:00 PM		6:30 REFORMER FLOW (Rebecca)					

- 1 individual class \$40
- 4 pack \$120 (\$30 per class)
- 8 pack \$200 (\$25 per class)
- 16 pack \$360 (\$22.50 per class)

**ALL PACKAGES have a
2 MONTH EXPIRATION**



Contact Patti Bode at:
Patti@SpartaAthleticCampus.com

Register on the SAC app (Opens 10 days prior to class)

**PACKAGES ARE FINAL and
NON-REFUNDABLE/TRANSFERABLE/EXTENDABLE**

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www.SpartaAthleticCampus.com