

FORMA GYM CLASS SCHEDULE

EFFECTIVE DATE: JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	PURE POWER 6:00 AM RIANA	BARRE STRENGTH 7:00 AM AUTUMN	SPEED & STRENGTH CYCLE 6:00 AM KATE		BOOT CAMP 8:00 AM JENNA	
CYCLE 8:15 AM KATE	HIIT N HILLS 8:15 AM RIANA	FLOW YOGA 8:15 AM LOAN	VINYASA YOGA 8:15 AM LOAN	FLOW YOGA 8:15 AM LOAN		
BODY POWER 9:00 AM MEG	BALANCE & CORE 9:00 AM MEG	CYCLE 9:00 AM JENN	SPEED & STRENGTH CYCLE 8:15 AM RIANA	ENDURANCE 9:00 AM RIANA	HIIT & HILLS 9:00 AM JENNA	ELASTIC BODY 9:00 AM MEG
	AQUA FITNESS 9:30 AM PAM		CORE PILATES 9:15 AM JENN F.		BARRE STRENGTH 9:00 AM AUTUMN	SPEED & STRENGTH CYCLE 9:00 AM JENNA
STEP 10:00 AM JUNE	CARDIO SCULPT 10:00 AM MEG	BODY POWER 10:15 AM RIANA	AQUA FITNESS 10:30 AM PAM	REFORMER 10:00 AM MEG	REFORMER 10:00 AM MEG/AUTUMN	ZUMBA 10:00 AM KATHLEEN
REFORMER 10:00 AM MEG	INT/ADV REFORMER 10:30AM JENN	REFORMER 10:30 AM MEG	INT/ADV REFORMER 10:30AM JENN	BOOT CAMP 10:15 AM RIANA	AQUA FITNESS 10:00 AM JANE	REFORMER 10:00 AM MEG
					FLOW YOGA 11:00 AM JANE	AQUA FITNESS 10:00 AM MARION
AQUA FITNESS 1:00 PM ANDREA		AQUA FITNESS 1:00 PM ANDREA		AQUA FITNESS 1:00 PM CHARLES		
BARRE STRENGTH 4:30 PM CHARI	CORE PILATES 4:30 PM MEG	BARRE STRENGTH 4:30 PM CHARI	YOGA 4:30 PM JEN			
BEG/INT REFORMER 4:30PM JENN		REFORMER 4:30 PM JENN				
CYCLE 5:30PM JENN	BOOT CAMP 5:30 PM JENNA	HIIT N HILLS 5:30 PM JENNA	U-JAM 5:30 PM SAY SAY			
		ZUMBA 5:30 PM DESI				