

FORMA GYM CLASS SCHEDULE

EFFECTIVE DATE: FEBRUARY 2021 ▶

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|---|--|---|
| | PURE POWER CYCLE 6:00 AM RIANA | | SPEED & STRENGTH CYCLE 6:00 AM KATE | | | |
| | | BARRE STRENGTH 7:00 AM AUTUMN | | | BARRE STRENGTH 8:00 AM AUTUMN | |
| PURE POWER CYCLE 8:15 AM KATE | HIIT N HILLS 8:15 AM RIANA | FLOW YOGA 8:15 AM LOAN | SPEED & STRENGTH CYCLE 8:15 AM RIANA | FLOW YOGA 8:15 AM LOAN | PURE CYCLE 8:45 AM DANIEL | SPEED & STRENGTH CYCLE 8:30 AM JENNA |
| BODY POWER 9:00 AM MEG | BALANCE & CORE 9:00 AM MEG | CYCLE 9:00 AM JENN | CORE PILATES 9:15 AM JENN F. | ENDURANCE 9:00 AM RIANA | REFORMER 9:00 AM AUTUMN | ROLLER FITNESS 9:15 AM MEG |
| | AQUA FITNESS 9:30 AM PAM | | | | BOOT CAMP 9:30 AM JENNA | |
| REFORMER 10:00 AM AUTUMN | CARDIO SCULPT 10:00 AM MEG | BODY POWER 10:15 AM RIANA | | REFORMER 10:00 AM MEG | AQUA FITNESS 10:00 AM JANE | AQUA FITNESS 10:00 AM MARION |
| | INT/ADV REFORMER 10:30 AM JENN | REFORMER 10:30 AM MEG | INT/ADV REFORMER 10:30 AM JENN | BOOT CAMP 10:15 AM RIANA | | ZUMBA 10:15 AM KATHLEEN |
| | | | AQUA FITNESS 10:30 AM PAM | | FLOW YOGA 11:00 AM JANE | REFORMER 10:30 AM MEG |
| AQUA FITNESS 1:00 PM ANDREA | | AQUA FITNESS 1:00 PM ANDREA | | AQUA FITNESS 1:00 PM CHARLES | | |
| ROLLER FITNESS 4:30 PM KAREN | CORE PILATES 4:30 PM MEG | BARRE STRENGTH 4:30 PM CHARI | YOGA 4:30 PM JEN | | | |
| CYCLE 5:30 PM JENN | BOOT CAMP 5:30 PM JENNA | HIIT N HILLS 5:30 PM JENNA | U-JAM 5:30 PM SAY SAY | | | |
| BARRE STRENGTH 5:30 PM CHARI | | ZUMBA 6:00 PM DESI | | | | |