

FORMA GYM CLASS SCHEDULE

EFFECTIVE DATE: JULY 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|---|---|--|--|
| BOOT CAMP 6:00 AM JENNA G | PURE POWER CYCLE 6:00 AM KATE | CARDIO BARRE 7:00 AM AUTUMN | SPEED & STRENGTH CYCLE 6:00 AM RIANA | BOOT CAMP 6:00 AM JENNA G | | |
| AQUA FITNESS 8:15 AM SUSAN | BALLETONE 9:00 AM KEN | FLOW YOGA 8:15 AM LOAN | HIIT & HILLS 9:00 AM KEN | FLOW YOGA 8:15 AM LOAN | BARRE STRENGTH 8:00 AM AUTUMN | HIIT & HILLS 8:30 AM JENNA G |
| BODY POWER 9:00 AM MEG | BALANCE & CORE 9:00 AM MEG | AQUA FITNESS 8:15 AM PAM | CORE PILATES 9:00 AM JENN F. | TRX STRETCH & STRENGTH 9:00 AM MEG | PURE CYCLE 8:45 AM DANIEL | ROLLER FITNESS 9:15 AM MEG |
| | FLOW YOGA 10:00 AM JANE | CYCLE 9:00 AM JENN | CARDIO SCULPT 10:00 AM MEG | SPEED & STRENGTH CYCLE 9:00 AM RIANA | REFORMER 9:00 AM AUTUMN | AQUA FITNESS 9:30 AM MARION |
| CORE PILATES 10:00 AM LOAN | CARDIO SCULPT 10:00 AM MEG | CORE PILATES 9:15 AM LOAN | IYENGAR YOGA 10:00 AM LOAN | CORE PILATES 9:15 AM LOAN | BOOT CAMP 9:30 AM JENNA G | ZUMBA 10:15 AM KATHLEEN |
| TRX STRETCH & STRENGTH 10:00 AM MEG | INT/ADV REFORMER 10:00AM JENN | REFORMER 9:30 AM MEG | INT/ADV REFORMER 10:00AM JENN | REFORMER 10:00 AM MEG | STEP 9:30 AM JUNE/MEG | REFORMER 10:30 AM MEG |
| GENTLE YOGA 11:00 AM LOAN | AQUA FITNESS 10:30 AM PAM | TRX STRETCH & STRENGTH 10:00 AM JENN | AQUA FITNESS 10:30 AM PAM | BOOT CAMP 10:00 AM RIANA | AQUA FITNESS 10:00 AM JANE | BOLLYX 11:15 AM SHIVANI |
| | RESTORATIVE STRENGTH 11:30 AM PAM | | RESTORATIVE STRENGTH 11:30 AM MEG | | FLOW YOGA 11:00 AM JANE | |
| AQUA FITNESS 1:00 PM ANDREA | | AQUA FITNESS 1:00 PM ANDREA | | AQUA FITNESS 1:00 PM CHARLES | ZUMBA 12:15 PM OSCAR | STUDIO KEY: INDOOR GROUPX OUTDOOR GROUPX POOL MIND BODY REFORMER CYCLE |
| ROLLER FITNESS 4:30 PM KAREN | CORE PILATES 4:30 PM MEG | BARRE STRENGTH 4:30 PM CHARI | YOGA 4:30 PM JEN | TRX BOOT CAMP 4:30PM JASON (STARTS 7/9) | | |
| TRX BOOT CAMP 4:30PM JASON | REFORMER 5:30 PM MEG | HIIT & HILLS 5:30 PM KATE | ROLLER FITNESS 5:30 PM JEN | YIN YOGA 4:30 PM JEN | | |
| CYCLE 5:30PM JENN | BOOT CAMP 5:30 PM AUTUMN | BOSU STRENGTH 5:30 PM KEN | U-JAM 5:30 PM SAY SAY | BOUNCE DANCE 5:30 PM KEN | | |
| ZUMBA 6:30PM WES | VINYASA YOGA 5:30 PM LOAN | ZUMBA 6:30PM DESI | REFORMER 5:30 PM MEG | | | |
| | WANNA DANCE 6:30 PM GRACE | FOAM ROLL & CORE 6:30 PM KEN | | | | |