

FORMA GYM CLASS SCHEDULE

EFFECTIVE DATE: SEPTEMBER 2021 ▶

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