

# FORMA GYM CLASS SCHEDULE

EFFECTIVE DATE: OCTOBER 2021

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