

# F O R M A | JANUARY CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BOOT CAMP</b> 6:00am Jenna	<b>RHYTHM+RIDE</b> 6:00am Tamara	<b>KICKBOX</b> 6:00am Carlissa	<b>SPEED + STRENGTH</b> 6:00am Riana	<b>BOOT CAMP</b> 6:00am Jenna	<b>PURE CYCLE</b> 8:45am Daniel	<b>HIIT + HILLS</b> 8:30am Jenna
<b>REFORMER</b> All Levels 7:30am Yuki	<b>BARRE STRENGTH</b> 8:15am Riana	<b>FLOW YOGA</b> 8:15am Loan	<b>REFORMER</b> All Levels 7:30am Yuki	<b>FLOW YOGA</b> 8:15am Loan	<b>STEP</b> 9:30am June	<b>ROLLER FITNESS</b> 9:15am Meg
<b>REFORMER</b> All levels 8:45am Yuki	<b>BALANCE + CORE</b> 9:00am Meg	<b>AQUA FITNESS</b> 8:15am Pam	<b>REFORMER</b> All levels 8:45am Yuki	<b>BODY POWER SCULPT</b> 9:00am Meg	<b>REFORMER</b> All Levels 10:00am Yuki	<b>AQUA FITNESS</b> 9:30am Marion
<b>HIIT+HILLS</b> 9:00am Laurie	<b>FLOW YOGA</b> 10:00am Jane	<b>CYCLE</b> 9:00am Jenn	<b>REFORMER</b> Int/Adv 9:00am Leslie	<b>SPEED + STRENGTH</b> 9:00am Riana	<b>AQUA FITNESS</b> 10:00am Jane	<b>BOOT CAMP</b> 9:30am Jenna
<b>BODY POWER</b> 9:00am Meg	<b>CARDIO SCULPT</b> 10:00am Meg	<b>REFORMER</b> Int/Adv 9:00am Leslie	<b>BARRE STRENGTH</b> 8:15am Tamara	<b>CORE PILATES</b> 9:15am Loan	<b>BARRE STRENGTH</b> 10:30am Riana	<b>REFORMER</b> All Levels 10:15am Meg
<b>CORE PILATES</b> 10:00am Loan	<b>REFORMER</b> Int/Adv 10:00am Jenn	<b>CORE PILATES</b> 9:15am Loan	<b>CORE PILATES</b> 9:15am Jenn F.	<b>CORE PILATES</b> 9:15am Loan	<b>FLOW YOGA</b> 11:00am Jane	<b>BOLLYX</b> 10:30am Shivani
<b>REFORMER</b> Int/Adv 10:00am Sarah	<b>AQUA FITNESS</b> 10:30am Pam	<b>TRX STRETCH + STRENGTH</b> 10:00am Jenn	<b>CARDIO SCULPT</b> 10:00am Meg	<b>REFORMER</b> All Levels 10:00am Meg	<b>ZUMBA</b> 12:15pm Oscar	
<b>TRX STRETCH + STRENGTH</b> 10:00am Meg	<b>RESTORATIVE STRENGTH</b> 11:30am Jane	<b>REFORMER</b> All Levels 10:15am Sarah	<b>IYENGAR YOGA</b> 10:15am Loan	<b>BOOT CAMP</b> 10:00am Riana		
<b>GENTLE YOGA</b> 11:00am Loan	<b>CORE PILATES</b> 4:30pm Meg	<b>GENTLE YOGA</b> 10:15am Loan	<b>REFORMER</b> INT/ADV 10:15am Jenn	<b>ZUMBA</b> 10:00am Wes		
<b>AQUA FITNESS</b> 1:00pm Andrea	<b>REFORMER</b> All Levels 5:30pm Karen	<b>REFORMER</b> All Levels 10:15am Sarah	<b>AQUA FITNESS</b> 10:30am Pam	<b>AQUA FITNESS</b> 1:00pm Charles		
<b>ROLLER FITNESS</b> 4:30pm Karen	<b>BOOT CAMP</b> 5:30pm Jenna	<b>REFORMER</b> All Levels 10:15am Sarah	<b>RESTORATIVE STRENGTH</b> 11:30am Meg	<b>YIN YOGA</b> 4:30pm Michelle		
<b>REFORMER</b> All Levels 4:30pm Yuki	<b>VINYASA YOGA</b> 5:30pm Loan	<b>GENTLE YOGA</b> 10:15am Loan	<b>AQUA FITNESS</b> 10:30am Pam	<b>RHYTHM + RIDE</b> 5:30pm Daniel		
<b>TRX BOOT CAMP</b> 4:30pm Jenn	<b>WANNA DANCE</b> 6:30pm Grace	<b>AQUA FITNESS</b> 1:00pm Andrea	<b>TRX STRETCH + STRENGTH</b> 4:30pm Meg			
<b>CYCLE</b> 5:30pm Jenn		<b>BARRE STRENGTH</b> 4:30pm Chari	<b>CORE PILATES</b> 4:30pm Loan			
<b>BARRE STRENGTH</b> 5:30pm Rotation		<b>HIIT + HILLS</b> 5:30pm Jenna	<b>REFORMER</b> All Levels 5:30pm Meg			
<b>ZUMBA</b> 6:00pm Wes		<b>ZUMBA</b> 6:00pm Desi	<b>VINYASA YOGA</b> 5:30pm Loan			
<b>BANDS+BUTTS +CORE</b> 6:30pm Jenn		<b>FOAM ROLL + CORE</b> 6:30pm Jenna	<b>WANNA DANCE</b> 6:30pm Grace			

STUDIO KEY
INDOOR GROUPX
OUTDOOR GROUPX
POOL
MIND BODY
REFORMER
CYCLE