

FORMA | MARCH CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		CYCLE 6:15 AM ANDREA			MASTER SWIM NO COACH 7:45 AM	
STRONG NATION 9:00 AM LU	LOW IMPACT STRENGTH 9:00 AM MEGHAN	ATHLETIC STRENGTH 9:00 AM SUE	R.I.P.P.E.D 9:00 AM AMANDA	BODYWEIGHT BLAST 9:00 AM MEGHAN		
	CYCLE 9:00 AM RACHEL		CYCLE 9:00 AM RACHEL		CYCLE 8:45 AM MELINDA	
CARDIO BARRE 9:00 AM SARAH	HEATED INTERVAL PILATES 9:00 AM SUE		CORE PILATES 9:00 AM MEGHAN		DANCE ALIVE 9:00 AM JESSICA	HIP HOP 9:00 AM KERRY
POP PILATES 10:00 AM LU		CORE PILATES 10:00 AM SUE			AQUA FITNESS 9:30 AM LORRAINE	
	ZUMBA 10:00 AM LALEH	POUND 10:00 AM ALYSSA-WALLIE	ZUMBA 10:00 AM LALEH	HIP HOP 10:00 AM SUSAN	BODY CONDITIONING 10:00 AM JESSICA	PILATES CONDITIONING 10:00 AM KERRY
AQUA FITNESS 10:30 AM MALINDA	AQUA ZUMBA 10:30 AM JULIA	AQUA FITNESS 10:30 AM MEGHAN	AQUA FITNESS 10:30 AM MALINDA	AQUA FITNESS 10:30 AM MEGHAN	CONTINUOUS FLOW YOGA 10:00 AM KELLEY	
STRETCH & ROLL 11:00 AM LU	CORE AND MORE 11:00 AM BERNADETTE					
	ACTIVE RECOVERY 11:00 AM MEGHAN	CONTINUOUS FLOW YOGA 11:00 AM ALLYSON	MOBILITY & STRENGTH 11:00 PM MEGHAN	YOGA 11:00 AM MARTY		FLOW YOGA 11:15 AM TAMARA

						CHI KUNG/ TAI CHI 12:30 PM TAMARA
	R.I.P.P.E.D 5:30 PM AMANDA	FIT LAB 5:30 PM BERNADETTE	BODY CONDITIONING 5:30 PM JESSICA			
BEG. MASTER SWIM 5:30 PM LAUREN		BEG. MASTER SWIM 5:30 PM LAUREN				
GROOV3 5:30 PM SUSAN	EMBODIED FLOW 5:30 PM VICTORIA		EMBODIED FLOW 5:30 PM VICTORIA			
CYCLE 5:45 PM DAN		CYCLE 5:45 PM MARK B	DANCE ALIVE 6:30 PM JESSICA			
	MASTER SWIM 6:30 PM TOM		MASTER SWIM 6:30 PM TOM			
ROLL WITH YOGA 6:30 PM KELLEY	ZUMBA 6:30 PM VANESSA	STRETCH & ROLL 6:30 PM BERNADETTE				

STUDIO KEY:
INDOOR GROUP FIT
OUTDOOR GROUP FIT
POOL
OUTDOOR CYCLE

PLEASE NOTE:
*Classes are 45 minutes long
 UNLESS OTHERWISE NOTED.
 Masks MUST be worn INDOORS.*