

F O R M A | March CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOOT CAMP 6:00am Jenna	RHYTHM+RIDE 6:00am Tamara		SPEED + STRENGTH 6:00am Riana	BOOT CAMP 6:00am Jenna	PURE CYCLE 8:00am Daniel	HIIT + HILLS 8:30am Jenna
REFORMER** All Levels 8:45am Yuki	BARRE STRENGTH 8:15am Riana	FLOW YOGA 8:15am Loan	REFORMER** All Levels 7:30am Yuki	FLOW YOGA 8:15am Loan	STEP 9:30am June	ROLLER FITNESS 9:15am Meg
HIIT+HILLS 9:00am Laurie	BALANCE + CORE 9:00am Meg	AQUA FITNESS 8:15am Pam	REFORMER** All levels 8:45am Yuki	BODY POWER 9:00am Meg	REFORMER** All Levels 10:00am Yuki	AQUA FITNESS 9:30am Marion
BODY POWER 9:00am Meg	FLOW YOGA 10:00am Jane	CYCLE 9:00am Jenn	BARRE STRENGTH 8:15am Tamara	SPEED + STRENGTH 9:00am Riana	AQUA FITNESS 10:00am Jane	BOOT CAMP 9:30am Jenna
REFORMER** All Levels 10:00am Yuk	CARDIO SCULPT 10:00am Meg	REFORMER ** Int/Adv 9:00am Leslie	CORE PILATES 9:00am Jenn F.	CORE PILATES 9:15am Loan	BARRE STRENGTH 10:30am Riana	REFORMER** All Levels 10:15am Meg
CORE PILATES 10:00am Loan	REFORMER** All Levels 10:00am Jenn	CORE PILATES 9:15am Loan	CARDIO SCULPT 10:00am Meg	REFORMER** All Levels 10:00am Meg	FLOW YOGA 11:00am Jane	ZUMBA 10:30am Kahleen
TRX STRETCH + STRENGTH 10:00am Meg	AQUA FITNESS 10:30am Pam	TRX STRETCH + STRENGTH 10:00am Jenn	REFORMER All Levels 10:00am Jenn	BOOT CAMP 10:00am Riana	ZUMBA 12:15pm Oscar	
GENTLE YOGA 11:00am Loan	RESTORATIVE STRENGTH 11:30am Jane	GENTLE YOGA 10:15am Loan	IYENGAR YOGA 10:15am Loan			
AQUA FITNESS 1:00pm Andrea		AQUA FITNESS 1:00pm Andrea	AQUA FITNESS 10:30am Pam	AQUA FITNESS 1:00pm Charles		
			RESTORATIVE STRENGTH 11:30am Meg			
ROLLER FITNESS 4:30pm Karen	CORE PILATES 4:30pm Meg	BARRE STRENGTH 4:30pm Chari				
REFORMER** All Levels 4:30pm Yuki	REFORMER** All Levels 5:30pm Karen	HIIT + HILLS 5:30pm Rotation	CORE PILATES 4:30pm Loan	YIN YOGA 4:30pm Michelle		
TRX BOOT CAMP 4:30pm Jenn	BOSU STRENGTH 5:30pm Meg	ZUMBA 6:00pm Desi	TRX STRETCH + STRENGTH 4:30pm Meg	RHYTHM + RIDE 5:30pm Daniel		
CYCLE 5:30pm Jenn	VINYASA YOGA 5:30pm Loan	FOAM ROLL + CORE 6:30pm Rotation	REFORMER** All Levels 5:30pm Meg			
BARRE STRENGTH 5:30pm Rotation	WANNA DANCE 6:30pm Grace		VINYASA YOGA 5:30pm Loan			
ZUMBA 6:00pm Wes 3/7 BOLLYX 6:00pm Shivani 3/14-3/28			WANNA DANCE 6:30pm Grace			

STUDIO KEY:
INDOOR GROUPX
OUTDOOR GROUPX
POOL
MIND BODY
PILATES REFORMER **Fee Based
CYCLE