

F O R M A | May SAN JOSE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>STRONG NATION 9:00am Lu</p> <p>CARDIO BARRE 9:00am Sarah S</p> <p>POP PILATES 10:00am Lu</p> <p>DANCE FUSION 10:00am Bernadette</p> <p>AQUA FITNESS 10:30am Malinda</p> <p>BEG MASTER SWIM 5:30pm Lauren</p> <p>GROOV3 5:30pm Susan</p> <p>CYCLE 5:45pm Dan</p> <p>ROLL WITH YOGA 6:30pm Kelley</p>	<p>HIIT BODY SHOP 9:00am Bernadette</p> <p>INTERVAL PILATES 9:00am Sue</p> <p>CYCLE 9:00am Rachel</p> <p>ABC (ARMS BOOTY & CORE) 10:00am Bernadette</p> <p>ZUMBA 10:00am Laleh</p> <p>AQUA DANCE 10:30am Julia</p> <p>MOBILITY STRETCH & RESTORE 11:00am Sue</p> <p>R.I.P.P.E.D. 5:30pm Amanda</p> <p>MASTER SWIM 6:30pm Tom</p> <p>ZUMBA 6:30pm Vanessa</p>	<p>CYCLE 6:15am Andrea</p> <p>ATHLETIC STRENGTH 9:00am Sue</p> <p>CORE PILATES 10:00am Sue</p> <p>POUND 10:00am Alyssa-Wallie</p> <p>CONTINUOUS FLOW YOGA 11:00am Ally</p> <p>BEG MASTER SWIM 5:30pm Lauren</p> <p>FIT LAB 5:30pm Bernadette</p> <p>CYCLE 5:45pm Mark</p> <p>STRETCH & ROLL 6:30pm Bernadette</p>	<p>R.I.P.P.E.D. 9:00am Amanda</p> <p>CORE PILATES 9:00am Sarah B</p> <p>CYCLE 9:00am Rachel</p> <p>GENTLE CIRCUIT 10:00am Sarah B</p> <p>ZUMBA 10:00am Laleh</p> <p>AQUA FITNESS 10:30am Malinda</p> <p>MOBILITY STRETCH & RESTORE 11:00am Sarah B</p> <p>BODY CONDITIONING 5:30pm Jessica</p> <p>MASTER SWIM 6:30pm Tom</p> <p>DANCE ALIVE 6:30pm Jessica</p>	<p>FIT FACTORY 9:00am Bernadette</p> <p>HIP HOP 10:00am Susan</p> <p>YOGA 11:00am Marty</p> <p>DRUMS ALIVE 6:00am AeJa</p>	<p>MASTER SWIM NO COACH 7:45am</p> <p>HIIT BODY SHOP 8:00am Andrea</p> <p>CYCLE 8:45am Melinda</p> <p>DANCE ALIVE 9:00am Jessica</p> <p>AQUA FITNESS 9:30am Lorraine</p> <p>CONTINUOUS FLOW YOGA 10:00am Kelley</p>	<p>HIP HOP 9:00am Kerry</p> <p>PILATES CONDITIONING 10:00am Kerry</p> <p>FLOW YOGA 11:15am Tamara</p> <p>CHI KUNG/ TAI CHI 12:30pm Tamara</p>

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