

F O R M A | JUNE SAN JOSE SCHEDULE

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

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