

# FORMA | JUNE CLASS SCHEDULE

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY   |
|---|---|--|--|--|---|--|
| <b>BOOT CAMP</b><br>6:00am<br>Jenna                       | <b>RHYTHM+RIDE</b><br>6:00am<br>Tamara                    |  | <b>SPEED + STRENGTH</b><br>6:00am<br>Riana               | <b>BOOT CAMP</b><br>6:00am<br>Jenna                      | <b>PURE CYCLE</b><br>8:00am<br>Daniel   | <b>HIIT + HILLS</b><br>8:30am<br>Jenna                   |
| <b>REFORMER**</b><br><b>All levels</b><br>8:45am<br>Yuki  | <b>BARRE STRENGTH</b><br>9:00am<br>Emilie                 | <b>FLOW YOGA</b><br>8:15am<br>Loan                     | <b>REFORMER**</b><br><b>All Levels</b><br>7:30am<br>Yuki | <b>FLOW YOGA</b><br>8:15am<br>Loan                       | <b>CORE X ENERGIZER</b><br>9:00am<br>Yuki   | <b>ROLLER FITNESS</b><br>9:15am<br>Meg                   |
| <b>HIIT+HILLS</b><br>9:00am<br>Laurie                     | <b>BALANCE + CORE</b><br>9:00am<br>Meg                    | <b>CYCLE</b><br>9:00am<br>Jenn                         | <b>REFORMER**</b><br><b>All levels</b><br>8:45am<br>Yuki | <b>BODY POWER</b><br>9:00am<br>Meg                       | <b>STEP</b><br>9:30am<br>June   | <b>AQUA FITNESS</b><br>9:30am<br>Elena/Julie             |
| <b>BODY POWER</b><br>9:00am<br>Meg                        | <b>FLOW YOGA</b><br>10:30am<br>Jane                       | <b>CORE PILATES</b><br>9:15am<br>Loan                  | <b>BARRE STRENGTH</b><br>8:15am<br>Tamara                | <b>SPEED + STRENGTH</b><br>9:00am<br>Riana               | <b>REFORMER**</b><br><b>All Levels</b><br>10:00am<br>Yuki   | <b>BOOT CAMP</b><br>9:30am<br>Jenna                      |
| <b>REFORMER**</b><br><b>All Levels</b><br>10:00am<br>Yuki | <b>CARDIO SCULPT</b><br>10:00am<br>Meg                    | <b>AQUA FITNESS</b><br>9:30am<br>Pam                   | <b>CORE PILATES</b><br>9:00am<br>Jenn F.                 | <b>CORE PILATES</b><br>9:15am<br>Loan                    | <b>AQUA FITNESS</b><br>9:30am<br>Julie  | <b>REFORMER**</b><br><b>All Levels</b><br>10:15am<br>Meg |
| <b>CORE PILATES</b><br>10:00am<br>Loan                    | <b>REFORMER**</b><br><b>All Levels</b><br>10:00am<br>Jenn | <b>TRX STRETCH + STRENGTH</b><br>10:00am<br>Jenn       | <b>CARDIO SCULPT</b><br>10:00am<br>Meg                   | <b>REFORMER**</b><br><b>All Levels</b><br>10:00am<br>Meg | <b>BARRE STRENGTH</b><br>10:30am<br>Riana   | <b>ZUMBA</b><br>10:30am<br>Kathleen                      |
| <b>TRX STRETCH + STRENGTH</b><br>10:00am<br>Meg           | <b>AQUA FITNESS</b><br>10:30am<br>Pam                     | <b>REFORMER **</b><br><b>Int/Adv</b><br>10:00am<br>Meg | <b>REFORMER</b><br><b>All Levels</b><br>10:00am<br>Jenn  | <b>BOOT CAMP</b><br>10:00am<br>Riana                     | <b>FLOW YOGA</b><br>11:15am<br>Yuki   |  |
| <b>GENTLE YOGA</b><br>11:00am<br>Loan                     | <b>RESTORATIVE STRENGTH</b><br>11:30am<br>Jane            | <b>GENTLE YOGA</b><br>10:15am<br>Loan                  | <b>IYENGAR YOGA</b><br>10:15am<br>Loan                   |  | <b>ZUMBA</b><br>12:15pm<br>Oscar  |  |
| <b>AQUA FITNESS</b><br>1:00pm<br>Andrea                   |   | <b>AQUA FITNESS</b><br>1:00pm<br>Andrea                | <b>AQUA FITNESS</b><br>10:30am<br>Pam                    | <b>AQUA FITNESS</b><br>1:00pm<br>Charles                 |   |  |
|   |   |  | <b>RESTORATIVE STRENGTH</b><br>11:30am<br>Meg            |  |   |  |
| <b>ROLLER FITNESS</b><br>4:30pm<br>Karen                  | <b>CORE PILATES</b><br>4:30pm<br>Meg                      | <b>BARRE STRENGTH</b><br>4:30pm<br>Chari               | <b>CORE PILATES</b><br>4:30pm<br>Loan                    | <b>YIN YOGA</b><br>4:30pm<br>Michelle                    |   |  |
| <b>TRX BOOT CAMP</b><br>4:30pm<br>Jenn                    | <b>REFORMER**</b><br><b>All Levels</b><br>5:30pm<br>Karen | <b>HIIT + HILLS</b><br>5:30pm<br>Jenna                 | <b>TRX BOOT CAMP</b><br>4:30pm<br>Meg                    | <b>RHYTHM + RIDE</b><br>5:30pm<br>Daniel                 |   |  |
| <b>CYCLE</b><br>5:30pm<br>Jenn                            | <b>VINYASA YOGA</b><br>5:30pm<br>Loan                     |  | <b>REFORMER**</b><br><b>All Levels</b><br>5:30pm<br>Meg  |  |   |  |
| <b>BARRE STRENGTH</b><br>5:30pm<br>Colette                | <b>WANNA DANCE</b><br>6:30pm<br>Grace                     | <b>ZUMBA</b><br>6:00pm<br>Deb                          | <b>VINYASA YOGA</b><br>5:30pm<br>Loan                    |  |   |  |
| <b>ZUMBA</b><br>6:00pm<br>Wes                             |   |  | <b>WANNA DANCE</b><br>6:30pm<br>Grace                    |  |   |  |
|   |   |  |  |  | <b>STUDIO KEY:</b><br><b>INDOOR GROUP FIT</b><br><b>OUTDOOR GROUP FIT</b><br><b>POOL</b><br><b>MIND BODY</b><br><b>PILATES REFORMER **Fee Based</b><br><b>CYCLE</b> |  |