

# F O R M A | September SAN JOSE SCHEDULE

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

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