

F O R M A | NOVEMBER SCHEDULE WC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOOT CAMP 6:00am Pam	PURE CYCLE 6:00am Jennifer M	MOBILITY+ STRENGTH 6:00am Dave	SPEED + STRENGTH 6:00am Riana	BOOT CAMP 5:45am Jason	PURE CYCLE 8:00am Daniel	HIIT + HILLS 8:30am Daniel
MOBILITY+ STRENGTH 9:00am Dave	BARRE STRENGTH 9:00am Emilie	FLOW YOGA 8:15am Loan	BARRE STRENGTH 8:15am Tamara	FLOW YOGA 8:15am Loan	CORE X MEDITATION 9:00am Yuki	ROLLER FITNESS 9:15am Meg
BARRE STRENGTH 9:00am Autumn	BALANCE + CORE 9:00am Meg	CYCLE 9:00am Riana	CORE PILATES 9:00am Meg	BODY POWER 9:00am Meg	STEP 9:30am June	AQUA FITNESS 9:30am Marion
HIIT+HILLS 9:00am Laurie	CARDIO SCULPT 10:00am Meg	CORE PILATES 9:15am Loan	CARDIO SCULPT 10:00am Meg	SPEED + STRENGTH 9:00am Riana	AQUA FITNESS 9:30am Julie	
CORE PILATES 10:00am Loan	EMBODIED CORE CONNECTION 10:00am Jennifer M	AQUA FITNESS 9:30am Pam	IYENGAR YOGA 10:00am Loan	CORE PILATES 9:15am Loan	BARRE STRENGTH 10:30am Riana	ZUMBA 10:30am Kathleen
TRX STRETCH + STRENGTH 10:00am Meg	AQUA FITNESS 10:00am Pam	TRX STRETCH + STRENGTH 10:00am Meg	AQUA FITNESS 10:30am Pam	BOOT CAMP 10:00am Riana	EMBODIED CORE CONNECTION 11:15am Jennifer M	
GENTLE YOGA 11:00am Loan	RESTORATIVE STRENGTH 11:00am Pam	GENTLE YOGA 10:15am Loan	RESTORATIVE STRENGTH 11:00am Meg	ZUMBA 10:00am Wes	ZUMBA 12:15pm Oscar	
AQUA FITNESS 1:00pm Andrea		AQUA FITNESS 1:00pm Andrea		AQUA FITNESS 1:00pm Charles		
	CORE PILATES 4:30pm Meg	BARRE STRENGTH 4:30pm Chari	CORE PILATES 4:30pm Loan	YIN YOGA 4:30pm Michelle		
TRX BOOT CAMP 4:30pm Jenn			TRX BOOT CAMP 4:30pm Meg			
CYCLE 5:30pm Jenn	VINYASA YOGA 5:30pm Loan	HIIT + HILLS 5:30pm Jenn	VINYASA YOGA 5:30pm Loan	RHYTHM + RIDE 5:30pm Daniel		
BARRE STRENGTH 5:30pm Colette						
ZUMBA 6:00pm Wes		ZUMBA 6:00pm Desi				
	WANNA DANCE 6:30pm Grace		WANNA DANCE 6:30pm Grace			

STUDIO KEY:
INDOOR GROUP FIT
OUTDOOR GROUP FIT
POOL
MIND BODY
CYCLE