

F O R M A | DECEMBER SAN JOSE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	BARRE ABOVE 8:00am Kirsten	CYCLE Speed & Strength 6:15am Andrea	BARRE ABOVE 8:00am Kirsten		MASTER SWIM NO COACH 7:45am	
	CYCLE 8:00am Rachel				HIIT BODY SHOP 8:00am Andrea	
STRONG NATION 9:00am Lu	HIIT BODY SHOP 9:00am Bernadette	R.I.P.P.E.D. 9:00am Amanda	CORE PILATES 9:00am Sarah B	FIT FACTORY 9:00am Bernadette	CYCLE 9am Melinda	HIP HOP 9:00am Kerry
CARDIO BARRE 9:00am Sarah S	INTERVAL PILATES 9:00am Sue	ATHLETIC STRENGTH 9:00am Sue	CYCLE 9:00am Rachel	HIP HOP 10:00am Susan	DANCE ALIVE 9:00am Jessica	PILATES CONDITIONING 10:00am Kerry
POP PILATES 10am Lu	ABC (ARMS BOOTY & CORE) 10:00am Bernadette	CORE PILATES 10:00am Sue	GENTLE CIRCUIT 10:00am Sarah B	AQUA FITNESS 10:30am Kirsten	AQUA FITNESS 9:30am Lorraine	FLOW YOGA 12noon Nyguen
DANCE FUSION 10:00am Bernadette	ZUMBA 10:00am Laleh	AQUA DANCE 10.30am Julia	ZUMBA 10:00am Laleh	YOGA 11:00am Marty	CONTINUOUS FLOW YOGA 10:00am Kelley	
AQUA FITNESS 10:30am Malinda	AQUA FIT 10:15am William	CONTINUOUS FLOW YOGA 11:00am Ally	AQUA FITNESS 10:30am Malinda			
	MOBILITY STRETCH & RESTORE 11:00am Sue		MOBILITY STRETCH & RESTORE 11:00am Sarah B			
BEG MASTER SWIM 5:30pm Lauren	STEP 5.30pm Bernadette	BEG MASTER SWIM 5:30pm Lauren	BODY CONDITIONING 5:30pm Jessica	LA BLAST DANCE 5.30pm Kirsten / William		
GROOV3 5:30pm Susan	R.I.P.P.E.D. 5:30pm Amanda	FIT LAB 5:30pm Bernadette	MASTER SWIM 6:30pm Tom	THIS MONTHS SPECIAL EVENT		
CYCLE 5:45pm Dan	MASTER SWIM 6:30pm Tom	CYCLE 5:45pm Mark	DANCE ALIVE 6:30pm Jessica	12/9 6.30pm - 7.30pm Ballroom Dance William		
ROLL WITH YOGA 6:30pm Kelley	ZUMBA 6:30pm Vanessa	DRUMS ALIVE 6:30pm Aeja	POWER YOGA 7:30pm Alethea			
	POWER YOGA 7.30pm Alethea					

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