

F O R M A | DECEMBER SCHEDULE WC

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