

F O R M A | JANUARY 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 9:00am Emilie	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	BODY POWER Pam 9:00am	CARDIO CORE MOTION 9:00am Laurie	BODY POWER 9:00am Meg	STEP 9:30am June	AQUA FITNESS 9:30am Marion
HIIT+HILLS 9:00am Laurie	CARDIO SCULPT 10:00am Meg	CYCLE 9:00am Riana	MUSCLE MATNESS 10:00am Kerry	SPEED + STRENGTH 9:00am Riana	AQUA FITNESS 9:30am Julie	
CORE PILATES 10:00am Loan	MUSCLE MATNESS 10:00am Kerry	CORE PILATES 9:15am Loan	TRX STRETCH + STRENGTH 10:00am Meg	CORE PILATES 9:15am Loan	FLOW YOGA 10:00am Jane	ZUMBA 10:30am Kathleen
TRX STRETCH + STRENGTH 10:00am Meg	AQUA FITNESS 10:00am Pam	AQUA FITNESS 10:00am Pam	AQUA FITNESS 10:00am Meg	CARDIO DANCE 10:00am Wes	BARRE STRENGTH 11:00am Riana	
GENTLE YOGA 11:00am Loan	RESTORATIVE STRENGTH 11:00am Pam	BOOTCAMP 10:00am Riana	AQUA FITNESS 10:30am Pam	BARRE STRENGTH 10:15 am Riana	ZUMBA 12:15pm Oscar	
BARRE STRENGTH 12 pm Tamara		GENTLE YOGA 10:15am Loan	FLOW YOGA 11:00am Jane			
AQUA FITNESS 1:00pm Andrea		CHAIR YOGA 12:00pm Jane	RESTORATIVE STRENGTH 12:00pm Jane	AQUA FITNESS 1:00pm Charles		
		AQUA FITNESS 1:00pm Andrea		YIN YOGA 4:00pm Maria		
TRX BOOT CAMP 4:30pm Jenn	CORE PILATES 4:30pm Meg	BODY BLAST 4:30pm Alyse	CORE PILATES 4:30pm Loan			
		BARRE STRENGTH 4:30pm Chari	TRX BOOT CAMP 4:30pm Meg			
CYCLE 5:30pm Jenn	VINYASA YOGA 5:30pm Loan	ROLLER FITNESS FUSION 5:30pm Yuki	VINYASA YOGA 5:30pm Loan	RHYTHM + RIDE 5:30pm Daniel		
BARRE STRENGTH 5:30pm Colette	BOLLYX 5:30pm Shivani	HIIT + HILLS 5:30pm Jenn				
CARDIO DANCE 6:00pm Wes	WANNA DANCE 6:30pm Grace	ZUMBA 6:00pm Desi	WANNA DANCE 6:30pm Grace			

STUDIO KEY:
INDOOR GROUP FIT
POOL
MIND BODY
CYCLE