

F O R M A | MARCH SAN JOSE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		CYCLE Speed & Strength 6:15am Andrea			MASTER SWIM NO COACH 7:45am	
	BARRE ABOVE 8:00am Kirsten		BARRE ABOVE 8:00am Kirsten		HIIT BODY SHOP 8:00am Andrea	
STRONG NATION 9:00am Lu	CYCLE 9:00am Rachel	ATHLETIC STRENGTH 9:00am Sue	CORE PILATES 9:00am Sarah B	FIT FACTORY 9:00am Bernadette	CYCLE 9:00am Melinda	HIP HOP 9:00am Kerry
CARDIO BARRE 9:00am Sarah S	HIIT BODY SHOP 9:00am Bernadette	CORE PILATES 10:00am Sue	CYCLE 9:00am Rachel	BOOT CAMP 9:00am Brandon	DANCE ALIVE 9:00am Jessica	PILATES CONDITIONING 10:00am Kerry
POP PILATES 10:00am Lu	INTERVAL PILATES 9:00am Sue	DRUMS ALIVE 11:00AM Aeja	R.I.P.P.E.D. 9:00am Amanda	CARDIO KICKBOX 10:00am Brandon	AQUA FITNESS 9:30am Lorraine	FLOW YOGA 12noon Samantha
DANCE FUSION 10:00am Bernadette	ABC (ARMS BOOTY & CORE) 10:00am Bernadette	AQUA DANCE 10:30am Julia	GENTLE CIRCUIT 10:00am Sarah B	HIP HOP 10:00am Susan	CONTINUOUS FLOW YOGA 10:00am Kelley	
AQUA FITNESS 10:30am Malinda	ZUMBA 10:00am Laleh	VINYASA YOGA 12pm Daniel	ZUMBA 10:00am Laleh	AQUA FITNESS 10:30am Kirsten	CARDIO KICKBOX 10:00am Brandon	
	AQUA FIT 10:15am William		AQUA FITNESS 10:30am Malinda	YOGA 11:00am Marty	BOOT CAMP 11:00am Brandon	
	MOBILITY STRETCH & RESTORE 11:00am Sue		MOBILITY STRETCH & RESTORE 11:00am Sarah B			
BEG MASTER SWIM 5:30pm Lauren	R.I.P.P.E.D 5:30pm Amanda	BEG MASTER SWIM 5:30pm Lauren				
GROOV3 5:30pm Susan	STEP 5:30pm Bernadette	FIT LAB 5:30pm Bernadette	BODY CONDITIONING 5:30pm Jessica			
CYCLE 5:45pm Dan	MASTER SWIM 6:30pm No Instructor	CYCLE 5:45pm Mark	MASTER SWIM 6:30pm No Instructor	LA BLAST DANCE 6:00pm Kirsten / William		
VINYASA YOGA 6:30pm Samantha	ZUMBA 6:30pm Vanessa	DRUMS ALIVE 6:30pm Aeja	DANCE ALIVE 6:30pm Jessica	BALLROOM *Fee 7:00pm William		
	POWER YOGA 7:30pm Alethea		POWER YOGA 7:30pm Alethea	<i>*Fee: Members \$15 drop-in, \$40 per month, \$75 couples</i>		
				<i>*Fee: Non-members \$20 drop-in, \$60 per month, \$100 couples</i>		
					STUDIO KEY: INDOOR STUDIO 1 INDOOR STUDIO 2 OUTDOOR GROUP FIT TURF POOL CYCLE DECK	