

# F O R M A | MARCH SAN JOSE SCHEDULE

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