

F O R M A | MARCH SCHEDULE WC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOOT CAMP 6:00am Pam	RHYTHM RIDE 6:00am Freddie	MOBILITY+ STRENGTH 6:00am Dave	PURE POWER 6:00am Riana	BOOT CAMP 5:45am Jason		
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	PURE CYCLE 8:00am Daniel	HIIT + HILLS 8:30am Daniel
BARRE STRENGTH 9:00am Autumn	BALANCE + CORE 9:00am Meg	BODY POWER 9:00am Pam	CARDIO CORE MOTION 9:00am Laurie	BODY POWER 9:00am Meg	CORE X MEDITATION 9:00am Yuki	ROLLER FITNESS 9:15am Meg
HIIT+HILLS 9:00am Laurie	CARDIO SCULPT 10:00am Meg	CYCLE 9:00am Riana	MUSCLE MATNESS 10:00am Kerry	SPEED + STRENGTH 9:00am Riana	STEP 9:30am June	AQUA FITNESS 9:30am Marion
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	AQUA FITNESS 9:30am Julie	
TRX STRETCH + STRENGTH 10:00am Meg	AQUA FITNESS 10:00am Pam	AQUA FITNESS 10:00am Pam		CARDIO DANCE 10:00am Wes	FLOW YOGA 10:00am Jane	ZUMBA 10:00am Kathleen
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	CARDIO BARRE 11:00am Riana	
BARRE STRENGTH 12 pm Tamara	YOGA DANCE FUSION 12:00pm Janet	GENTLE YOGA 10:15am Loan	FLOW YOGA 11:00am Jane			
POWER KICKBOX 12:00pm Jason		POWER KICKBOX 12:00pm Jason	RESTORATIVE STRENGTH 12:00pm Jane		ZUMBA 12:15pm Oscar	
AQUA FITNESS 1:00pm Andrea		CHAIR YOGA 12:00pm Jane		AQUA FITNESS 1:00pm Charles		
		AQUA FITNESS 1:00pm Andrea				
TRX BOOT CAMP 4:30pm Jenn	CORE PILATES 4:30pm Meg	BODY BLAST 4:30pm Alyse	CORE PILATES 4:30pm Loan	YIN YOGA 4:00pm Maria		
		BARRE STRENGTH 4:30pm Chari	TRX BOOT CAMP 4:30pm Meg/Julia			
CYCLE 5:30pm Jenn	VINYASA YOGA 5:30pm Loan	ROLLER FITNESS FUSION 5:30pm Yuki	VINYASA YOGA 5:30pm Loan	AQUA FITNESS 1:00pm Charles		
BARRE STRENGTH 5:30pm Autumn	BOLLYX 5:30pm Shivani	COREX CANDLELIGHT 6:30pm Yuki		RHYTHM + RIDE 5:30pm Daniel		
CARDIO DANCE 6:00pm Wes	WANNA DANCE 6:30pm Grace	HIIT + HILLS 5:30pm Jenn	WANNA DANCE 6:30pm Grace			
		ZUMBA 6:30pm Desi				

STUDIO KEY:
INDOOR GROUP FIT
POOL
MIND BODY
CYCLE