

# F O R M A | MAY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BOOT CAMP</b> 6:00am Pam	<b>RHYTHM RIDE</b> 6:00am Freddie	<b>MOBILITY+STRENGTH</b> 6:00am Dave	<b>PURE POWER</b> 6:00am Riana	<b>BOOT CAMP</b> 5:45am Jason		
<b>MOBILITY+STRENGTH</b> 9:00am Dave	<b>BARRE HIIT</b> (starts 4/11) 8:00am Emilie	<b>FLOW YOGA</b> 8:15am Loan	<b>BARRE STRENGTH</b> 9:00am Emilie	<b>FLOW YOGA</b> 8:15am Loan	<b>PURE CYCLE</b> 8:00am Daniel	<b>HIIT + HILLS</b> 8:30am Daniel
<b>BARRE STRENGTH</b> 9:00am Autumn	<b>BARRE STRENGTH</b> 9:00am Emilie	<b>BODY POWER</b> Pam 9:00am	<b>CARDIO CORE MOTION</b> 9:00am Laurie	<b>BODY POWER</b> 9:00am Meg	<b>CORE X MEDITATION</b> 9:00am Yuki	<b>ROLLER FITNESS</b> 9:15am Meg
<b>HIIT+HILLS</b> 9:00am Laurie	<b>BALANCE + CORE</b> 9:00am Meg	<b>PURE POWER</b> 9:00am Riana	<b>MUSCLE MATNESS</b> 10:00am Kerry	<b>SPEED + STRENGTH</b> 9:00am Riana	<b>STEP</b> 9:30am June	<b>AQUA FITNESS</b> 9:30am Marion
<b>CORE PILATES</b> 10:00am Loan	<b>CARDIO SCULPT</b> 10:00am Meg	<b>CORE PILATES</b> 9:15am Loan	<b>TRX STRETCH + STRENGTH</b> 10:00am Meg	<b>CORE PILATES</b> 9:15am Loan	<b>AQUA FITNESS</b> 9:30am Julie	
<b>TRX STRETCH + STRENGTH</b> 10:00am Meg	<b>MUSCLE MATNESS</b> 10:00am Kerry	<b>AQUA FITNESS</b> 10:00am Pam	<b>AQUA FITNESS</b> 10:30am Pam	<b>CARDIO DANCE</b> 10:00am Wes	<b>FLOW YOGA</b> 10:00am Jane	<b>ZUMBA</b> 10:00am Kathleen
<b>GENTLE YOGA</b> 11:00am Loan	<b>AQUA FITNESS</b> 10:00am Pam	<b>BOOTCAMP</b> 10:15am Riana	<b>FLOW YOGA</b> 11:00am Jane	<b>BARRE STRENGTH</b> 10:15 am Riana	<b>CARDIO BARRE</b> 11:00am Riana	
<b>BARRE STRENGTH</b> 12 pm Tamara	<b>RESTORATIVE STRENGTH</b> 11:00am Pam	<b>POWER KICKBOX</b> 12:00pm Jason	<b>FUNCTIONAL BAND TRAINING</b> 11:30am Dave		<b>ZUMBA</b> 12:15pm Oscar	
<b>POWER KICKBOX</b> 12:00pm Jason	<b>YOGA DANCE FUSION</b> 12:00pm Janet	<b>CHAIR YOGA</b> 12:00pm Jane	<b>RESTORATIVE STRENGTH</b> 12:00pm Jane	<b>AQUA FITNESS</b> 1:00pm Charles		
<b>AQUA FITNESS</b> 1:00pm Andrea		<b>AQUA FITNESS</b> 1:00pm Andrea				
<b>TRX BOOT CAMP</b> 4:30pm Jenn	<b>CORE PILATES</b> 4:30pm Meg	<b>BODY POWER</b> Freddie 4:30pm	<b>FUNCTIONAL BAND TRAINING</b> 11:30am Dave	<b>YIN YOGA</b> 4:00pm Maria		
<b>CYCLE</b> 5:30pm Jenn	<b>VINYASA YOGA</b> 5:30pm Loan	<b>CARDIO KICKBOX</b> Freddie 5:30pm	<b>RESTORATIVE STRENGTH</b> 12:00pm Jane			
<b>BARRE STRENGTH</b> 5:30pm Autumn	<b>BOLLYX</b> 5:30pm Shivani	<b>CHAIR YOGA</b> 12:00pm Jane	<b>CORE PILATES</b> 4:30pm Loan	<b>RHYTHM + RIDE</b> 5:30pm Daniel		
<b>CARDIO DANCE</b> 6:00pm Wes	<b>WANNA DANCE</b> 6:30pm Grace	<b>BARRE STRENGTH</b> 4:30pm Chari	<b>TRX BOOT CAMP</b> 4:30pm Meg/Julia			
<b>FLOW YOGA</b> 6:30pm Samantha	<b>POWER KICKBOX</b> 7:30pm Jason	<b>ROLLER FITNESS FUSION</b> 5:30pm Yuki	<b>VINYASA YOGA</b> 5:30pm Loan			
		<b>COREX CANDLELIGHT</b> 6:30pm Yuki	<b>WANNA DANCE</b> 6:30pm Grace			
		<b>HIIT + HILLS</b> 5:30pm Jenn	<b>POWER KICKBOX</b> 7:30pm Jason			
		<b>ZUMBA</b> 6:30pm Desi				
					<b>STUDIO KEY:</b> INDOOR GROUP FIT POOL MIND BODY CYCLE	