

FORMA | SAN JOSE - JUNE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		CYCLE Speed & Strength 6:15am Andrea			MASTER SWIM MEET *NO COACH 7:45am	
STRONG NATION 9:00am Lu	CYCLE 9:00am Kirsten	ATHLETIC STRENGTH 9:00am Sue	CORE PILATES 9:00am Sarah B	FIT FACTORY 9:00am Bernadette	HIIT BODY SHOP 8:00am Andrea	HIP HOP 9:00am Kerry
CARDIO BARRE 9:00am Sarah S	BALLET WORKOUT 9:00am William	CORE PILATES 10:00am Sue	CYCLE 9:00am Rachel	BOOT CAMP 9:00am Brandon	CYCLE 9:00am Melinda	CYCLE 9am Kirsten, Andrea, Melinda
POP PILATES 10:00am Lu	HIIT BODY SHOP 9:00am Bernadette	HIIT & PLAY 10:00am Aeja	R.I.P.P.E.D. 9:00am Amanda	CARDIO KICKBOX 10:00am Brandon	DANCE ALIVE 9:00am Jessica	PILATES CONDITIONING 10:00am Kerry
DANCE FUSION 10:00am Bernadette	INTERVAL PILATES 9:00am Sue	YOGIC DANCE 10:00am Shraddha	GENTLE CIRCUIT 10:00am Sarah B	HIP HOP 10:00am Susan	AQUA FITNESS 9:30am Lorraine	PILATES CONDITIONING 10:00am Kerry
AQUA FITNESS 10:30am Malinda	ABC (ARMS BOOTY & CORE) 10:00am Bernadette	AQUA DANCE 10:30am Julia	ZUMBA 10:00am Laleh	AQUA FITNESS 10:30am Aeja	CONTINUOUS FLOW YOGA 10:00am Kelley	FLOW YOGA 11am *75 min Allie
NIA 11am Kirsten	ZUMBA 10:00am Laleh	CHAIR CONDITIONING 11:30am Sue	AQUA FITNESS 10:30am Malinda	YOGA 11:00am Marty	CORE & STRETCH 10:00am Brandon	POP-UP CLASSES IN OUR NEW STUDIO 2
Vinyasa Yoga 12noon Kirsten	AQUA FIT 10:15am William	VINYASA YOGA 12noon Daniel	MOBILITY STRETCH & RESTORE 11:00am Sarah B		BOOT CAMP 11:00am Brandon	Tuesday June 6 CORE & MORE 10am William
Chair Yoga 12noon Barbara	MOBILITY STRETCH & RESTORE 11:00am Sue					Friday June 2 & 9 Chair Conditioning 10:30am Aeja
GROOV3 5:30pm Susan	R.I.P.P.E.D. 5:30pm Amanda	FIT LAB 5:30pm Bernadette	BODY CONDITIONING 5:30pm Jessica	LA BLAST DANCE 6:00pm Kirsten / William		
CYCLE 5:45pm Dan	STEP 5:30pm Bernadette	CYCLE 5:45pm Mark	MASTER SWIM 6:30pm Kevin	BALLROOM *Fee 7:00pm William		
BEG MASTER SWIM 6:30pm Kevin	MASTER SWIM 6:30pm Kevin	BEG MASTER SWIM 6:30pm Kevin	DANCE ALIVE 6:30pm Jessica	<i>*Fee: Members \$15 drop-in, \$40 per month, \$75 couples</i>		
VINYASA YOGA 6:30pm Daniel	ZUMBA 6:30pm Vanessa	STRETCH & ROLL 6.30PM Bernadette	POWER YOGA 7:30pm Alethea	<i>*Fee: Non-members \$20 drop-in, \$60 per month, \$100 couples</i>		
	POWER YOGA 7.30pm Alethea	UJam 6:30pm Chai	Heated Power Pilates 7:30pm Jessica			
					STUDIO KEY: INDOOR STUDIO 1 INDOOR STUDIO 2 OUTDOOR GROUP FIT TURF POOL CYCLE DECK	