

F O R M A | SEPTEMBER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOOT CAMP 6:00am Pam	RHYTHM RIDE 6:00am Erin	MOBILITY+STRENGTH 6:00am Dave	PURE POWER 6:00am Riana	BOOT CAMP 5:45am Jason	PURE CYCLE 8:00am Daniel	HIIT + HILLS 8:30am Daniel
LAUGHTER YOGA 8:00am Dolores	BARRE STRENGTH 9:00am Pam	FLOW YOGA 8:00am Loan	BARRE STRENGTH 9:00am Linda	FLOW YOGA 8:00am Loan	CORE X MEDITATION 9:00am Yuki	ROLLER FITNESS 9:15am Meg
MOBILITY+STRENGTH 9:00am Kevin	BALANCE + CORE 9:00am Meg	TRX BOOTCAMP 9:00am Anthony	CARDIO CORE MOTION 9:00am Laurie	BODY POWER 9:00am Meg	STEP 9:00am June	AQUA FITNESS 9:30am Marion
BARRE STRENGTH 9:00am Laura	CARDIO SCULPT 10:00am Meg	PURE POWER 9:00am Riana	MUSCLE MATNESS 10:00am Kerry	SPEED + STRENGTH 9:00am Riana	AQUA FITNESS 9:30am Julie	ZUMBA 10:00am Kathleen
HIIT+HILLS 9:00am Laurie	MUSCLE MATNESS 10:00am Kerry	CORE PILATES 9:00am Loan	TRX STRETCH + STRENGTH 10:00am Meg	CORE PILATES 9:00am Loan	TRX BOOTCAMP 10:00am Shannon	SUNDAY FLOW YOGA 75 10:30am (75 Min) Rotation
CORE PILATES 10:00am Loan	AQUA FITNESS 10:00am Pam	AQUA FITNESS 10:00am Pam	AQUA FITNESS 10:30am Pam	CARDIO DANCE 10:00am Wes	FLOW YOGA 10:00am Jane	
TRX STRETCH + STRENGTH 10:00am Meg	RESTORATIVE STRENGTH 11:00am Pam	ABC 10:15am Riana	FLOW YOGA 11:00am Jane	BARRE STRENGTH 10:00 am Riana	CARDIO BARRE 11:00am Riana	
GENTLE YOGA 11:00am Loan	YOGA DANCE FUSION 12:00pm Janet	GENTLE YOGA 10:00am Loan	FUNCTIONAL BAND TRAINING 11:30am Dave		ZUMBA 12:15pm Oscar	
BARRE STRENGTH 12:00 pm Tamara		POWER KICKBOX 12:00pm Jason	RESTORATIVE STRENGTH 12:00pm Jane			
POWER KICKBOX 12:00pm Jason		CHAIR YOGA 12:00pm Jane				
AQUA FITNESS 1:00pm Andrea		AQUA FITNESS 1:00pm Andrea		AQUA FITNESS 1:00pm Charles		
TRX BOOT CAMP 4:30pm Jenn	CORE PILATES 4:30pm Meg	HIIT 4:30pm Anthony	CORE PILATES 4:30pm Loan			
BARRE STRENGTH 4:30pm Laura	VINYASA YOGA 5:30pm Loan	BARRE STRENGTH 4:30pm Chari	TRX BOOT CAMP 4:30pm Stacey			
CYCLE 5:30pm Jenn	BOLLYX 5:30pm Shivani	DEEP CORE 5:30pm Yuki	VINYASA YOGA 5:30pm Loan	RESTORATIVE YOGA 5:30pm Pam		DEEP CORE 5:00pm Yuki
FLOW YOGA 5:30pm Samantha	WANNA DANCE 6:30pm Grace	HIIT + HILLS 5:30pm Jenn	WANNA DANCE 6:30pm Grace	RHYTHM + RIDE 5:30pm Daniel		
CARDIO DANCE 6:00pm Wes	HYPNOTIC THETA FLOW 6:30pm Kelli	ZUMBA 6:30pm Desi	ELEMENTAL FLOW 6:30pm Dorian			
BREATHWORK FOR ENERGY 6:30pm Amaru	POWER KICKBOX 7:30pm Jason	COREX CANDLELIGHT 6:30pm Yuki	POWER KICKBOX 7:30pm Jason			

STUDIO KEY:
INDOOR GROUP FIT
POOL
MIND BODY
CYCLE