

FORMA | SAN JOSE - SEPTEMBER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		CYCLE Speed & Strength 6:15am Andrea			MASTER SWIM 7:45am Brian	
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	AQUA DANCE 10:30am Julia	R.I.P.P.E.D. 9:00am Amanda	CARDIO KICKBOX 10:00am Brandon	AQUA FITNESS 9:30am Lorraine	PILATES CONDITIONING 10:00am Kerry
DANCE FUSION 10:00am Bernadette	INTERVAL PILATES 9:00am Sue	CHAIR CONDITIONING 11:30am Sue	GENTLE CIRCUIT 10:00am Sarah B	HIP HOP 10:00am Susan	CONTINUOUS FLOW YOGA 10:00am Kelley	FLOW YOGA 11am *75 min Allie
AQUA FITNESS 10:30am Malinda	ABC (ARMS BOOTY & CORE) 10:00am Bernadette	GLIDEFIT 11:30am Aeja	ZUMBA 10:00am Laleh	AQUA FITNESS 10:30am Aeja	CORE & STRETCH 10:00am Brandon	
NIA 11am Kirsten	ZUMBA 10:00am Laleh	VINYASA YOGA 12noon Daniel	AQUA FITNESS 10:30am Malinda	YOGA 11:00am Marty	BOOT CAMP 11:00am Brandon	
Vinyasa Yoga 12noon Kirsten	AQUA FIT 10:15am William		MOBILITY STRETCH & RESTORE 11:00am Sarah B	CHAIR CONDITIONING 12noon Aeja		
Chair Yoga 12noon Barbara	MOBILITY STRETCH & RESTORE 11:00am Sue					
			BODY CONDITIONING 5:30pm Jessica			
GROOV3 5:30pm Susan	R.I.P.P.E.D. 5:30pm Amanda	FIT LAB 5:30pm Bernadette	MASTER SWIM 6:30pm Kevin	LA BLAST DANCE 6:00pm Kirsten / William		
CYCLE 5:45pm Dan	STEP 5:30pm Bernadette	CYCLE 5:45pm Mark	DANCE ALIVE 6:30pm Jessica	SALSA NIGHT *FEE 7:00pm William		
BEG MASTER SWIM 6:30pm Kevin	MASTER SWIM 6:30pm Kevin	BEG MASTER SWIM 6:30pm Kevin	POWER YOGA 7:30pm Kirsten	*Drop-In Fee: Members \$10 Guests \$15		
VINYASA YOGA 6:30pm Daniel	ZUMBA 6:30pm Vanessa	STRETCH & ROLL 6:30PM Bernadette	Heated Power Pilates 7:30pm Jessica			
YOGIC DANCE 7:30pm Shraddha	POWER YOGA 7:30pm Allie	UJam 6:30pm Chai				
					STUDIO KEY: INDOOR STUDIO 1 INDOOR STUDIO 2 OUTDOOR GROUP FIT TURF POOL CYCLE DECK	