

FORMA | SAN JOSE - NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>STRONG NATION 9:00am Lu</p> <p>CARDIO BARRE 9:00am Sarah S</p> <p>POP PILATES 10:00am Lu</p> <p>DANCE FUSION 10:00am Bernadette</p> <p>AQUA FITNESS 10:30am Malinda</p> <p>NIA FLOW DANCE 11:00am Kirsten</p> <p>VINYASA YOGA 12noon Kirsten</p> <p>CHAIR YOGA 12noon Barbara</p> <p>GROOV3 5:30pm Susan</p> <p>CYCLE 5:45pm Dan</p> <p>BEG MASTER SWIM 6:30pm Kevin</p> <p>VINYASA YOGA 6:30pm Daniel</p> <p>YOGIC DANCE 7:30pm Shraddha</p>	<p>HEATED POWER FUSION 7:30am Allie</p> <p>CYCLE 9:00am Kirsten</p> <p>BALLET WORKOUT 9:00am William</p> <p>HIIT BODY SHOP 9:00am Bernadette</p> <p>INTERVAL PILATES 9:00am Sue</p> <p>ABC (ARMS BOOTY & CORE) 10:00am Bernadette</p> <p>ZUMBA 10:00am Laleh</p> <p>AQUA FIT 10:15am William</p> <p>MOBILITY STRETCH & RESTORE 11:00am Sue</p> <p>HIIT BODY SHOP 5:30pm Bernadette</p> <p>MASTER SWIM 6:30pm Kevin</p> <p>CYCLE 6:30pm Jessica</p> <p>ZUMBA 6:30pm Vanessa</p> <p>POWER YOGA 7:30pm Allie</p> <p>HEATED POWER PILATES 7:30pm Jessica</p>	<p>CYCLE Speed & Strength 6:15am Andrea</p> <p>ATHLETIC STRENGTH 9:00am Sue</p> <p>CORE PILATES 10:00am Sue</p> <p>AQUA DANCE 10.30am Julia</p> <p>CHAIR CONDITIONING 11:30am Sue</p> <p>VINYASA YOGA 12noon Daniel</p> <p>FIT LAB 5:30pm Bernadette</p> <p>CYCLE 5:45pm Mark</p> <p>BEG MASTER SWIM 6:30pm Kevin</p> <p>HEATED CORE 6.30PM Bernadette</p> <p>UJam 6:30pm Chai</p>	<p>CORE PILATES 9:00am Sarah B</p> <p>CYCLE 9:00am Rachel</p> <p>R.I.P.P.E.D. 9:00am Amanda</p> <p>GENTLE CIRCUIT 10:00am Sarah B</p> <p>ZUMBA 10:00am Laleh</p> <p>AQUA FITNESS 10:30am Malinda</p> <p>MOBILITY STRETCH & RESTORE 11:00am Sarah B</p> <p>BODY CONDITIONING 5:30pm Jessica</p> <p>MASTER SWIM 6:30pm Kevin</p> <p>DANCE ALIVE 6:30pm Jessica</p> <p>POWER YOGA 7:30pm Kirsten</p> <p>HEATED POWER PILATES 7:30pm Jessica</p>	<p>FIT FACTORY 9:00am Bernadette</p> <p>BOOT CAMP 9:00am Brandon</p> <p>CARDIO KICKBOX 10:00am Brandon</p> <p>HIP HOP 10:00am Susan</p> <p>AQUA FITNESS 10:30am Aeja</p> <p>YOGA 11:00am Marty</p> <p>CHAIR CONDITIONING 12noon Aeja</p> <p>LA BLAST DANCE 6:00pm Kirsten / William</p> <p>SALSA NIGHT *FEE 7:00pm William</p> <p>*Drop-In Fee: Members \$10 Guests \$15</p>	<p>MASTER SWIM 7:45am Brian</p> <p>HIIT BODY SHOP 8:00am Andrea</p> <p>CYCLE 9:00am Melinda</p> <p>DANCE ALIVE 9:00am Jessica</p> <p>AQUA FITNESS 9:30am Lorraine</p> <p>CONTINUOUS FLOW YOGA 10:00am Kelley</p> <p>CORE & STRETCH 10:00am Brandon</p> <p>BOOT CAMP 11:00am Brandon</p> <p>STUDIO KEY: INDOOR STUDIO 1 INDOOR STUDIO 2 INDOOR CYCLE STUDIO OUTDOOR CYCLE DECK OUTDOOR GROUP FIT TURF POOL</p>	<p>HIP HOP 9:00am Kerry</p> <p>CYCLE 9am Kirsten, Andrea, Melinda</p> <p>PILATES CONDITIONING 10:00am Kerry</p> <p>FLOW YOGA 11:00am *75 min Allie</p>