

F O R M A | NOVEMBER 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	STEP 101 11/4 only 8:30am June	HIIT + HILLS 8:30am Daniel
LAUGHTER YOGA 8:00am Dolores	BARRE STRENGTH 9:00am Pam	MINDFUL FLOW 8:00am Loan	BARRE STRENGTH 9:00am Linda	MINDFUL FLOW 8:00am Loan	PURE POWER 8:30am Erin	ROLLER FITNESS 9:15am Meg
MOBILITY+STRENGTH 9:00am Kevin	CARDIO SCULPT 9:00am Shannon	BODY POWER 9:00am Anthony	CARDIO SCULPT 9:00am Meg	BODY POWER 9:00am Meg	CORE X MEDITATION 9:00am Yuki	AQUA FITNESS 9:30am Marion
BARRE STRENGTH 9:00am Laura	BALANCE + CORE 10:00am Meg	PURE POWER 9:00am Riana	MUSCLE MATNESS 10:00am Kerry	SPEED + STRENGTH 9:00am Riana	CORE PILATES 9:00am Loan	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	STEP 9:00am June	SUNDAY FLOW YOGA 75 10:30am (75 Min) Ayesha
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	AQUA FITNESS 9:30am Julie	
TRX STRETCH + STRENGTH 10:00am Meg	MINDFUL FLOW 11:00am Linda	ABC 10:00am Riana	MINDFUL FLOW 11:00am Jane	BARRE STRENGTH 10:00 am Jamie	TRX BOOTCAMP 10:00am Shannon	
GENTLE YOGA 11:00am Loan	YOGA DANCE FUSION 12:00pm Janet	GENTLE YOGA 10:00am Loan	FUNCTIONAL BAND TRAINING 11:30am Dave	GENTLE YOGA 11:00 am Claudia	MINDFUL FLOW 10:00am Jane	
BARRE STRENGTH 12:00 pm Tamara		BARRE STRENGTH 11:00 am Jamie	RESTORATIVE STRENGTH 12:00pm Jane	AQUA FITNESS 1:00pm Charles	CARDIO BARRE 11:00am Riana	
POWER KICKBOX 12:00pm Jason		POWER KICKBOX 12:00pm - Jason			ZUMBA 12:15pm Oscar	
AQUA FITNESS 1:00pm Andrea		CHAIR YOGA 12:00pm - Jane				
		AQUA FITNESS 1:00pm - Andrea				
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 FLOW 5:30pm Loan	BARRE STRENGTH 4:30pm - Chari	TRX BOOT CAMP 4:30pm Stacey			
CYCLE 5:30pm Jenn	BOLLYX 5:30pm Shivani	BODY POWER 5:30pm Anthony	GLUTE CAMP 5:30pm Darlene			
HATHA FLOW 5:30pm Samantha	WANNA DANCE 6:30pm Grace	DEEP CORE 5:30pm Yuki	VINYASA FLOW 5:30pm Loan	RESTORATIVE YOGA 5:30pm Pam		MINDFUL FLOW 6:00pm Claudia
CARDIO DANCE 6:00pm Wes	GENTLE YOGA 6:30pm Jenny	HIIT + HILLS 5:30pm Jenn	WANNA DANCE 6:30pm Grace	RHYTHM + RIDE 5:30pm Christine		
DEEP STRETCHING & BREATH WORK 6:30pm Amaru	POWER KICKBOX 7:30pm Jason	ZUMBA 6:30pm Desi	ELEMENTAL FLOW 6:30pm Dorian			
		COREX CANDLELIGHT 6:30pm Yuki	POWER KICKBOX 7:30pm Jason			

STUDIO KEY:
GROUP FIT
POOL
MIND BODY CYCLE