

FORMA | SAN JOSE - APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HEATED PILATES 7:30am Allie	HIIT BODY SHOP 6:15am Andrea	CYCLE Speed & Strength 6:15am Andrea	HEATED YOGA 6:15am Chelsey		SWIM 7:45am Brian	
CARDIO BARRE 9:00am Sarah S	CYCLE 9:00am Kirsten	ATHLETIC STRENGTH 9:00am Sue	CYCLE 9:00am Rachel	FIT FACTORY 9:00am Bernadette	HIIT BODY SHOP 8:00am Andrea	HIP HOP 9:00am Kerry
DYNAMIC CONDITIONING 10:00am Kirsten	BALLET WORKOUT 9:00am William	CORE PILATES 10:00am Sue	CORE PILATES 9:00am Sarah B	BOOT CAMP 9:00am Brandon	CYCLE 9:00am Melinda	CYCLE 9am Kirsten / Andrea
DANCE FUSION 10:00am Bernadette	HIIT BODY SHOP 9:00am Bernadette	AQUA FIT 10:15am Kiana	R.I.P.P.E.D. 9:00am Amanda	CARDIO KICKBOX 10:00am Brandon	DANCE ALIVE 9:00am Jessica	HEATED YOGA 9am Chelsey
AQUA FITNESS 10:30am Malinda	INTERVAL PILATES 9:00am Sue	ZUMBA GOLD 11:10am Kiana	GENTLE CIRCUIT 10:00am Sarah B	HIP HOP 10:00am Susan	AQUA FITNESS 9:30am Lorraine	PILATES CONDITIONING 10:00am Kerry
NIA FLOW DANCE 11:00am Kirsten	ABC (ARMS BOOTY & CORE) 10:00am Bernadette	CHAIR CONDITIONING 11:30am Sue	ZUMBA 10:00am Laleh	AQUA FITNESS 10:30am Aeja	CONTINUOUS FLOW YOGA 10:00am Chelsey	FLOW YOGA 11:00am *75 min Allie
VINYASA YOGA 12noon Kirsten	ZUMBA 10:00am Laleh	VINYASA YOGA 12noon Daniel	AQUA FITNESS 10:30am Malinda	YOGA 11:00am Marty	CORE & STRETCH 10:00am Brandon	
CHAIR YOGA 12noon Barbara/Aeja	AQUA FIT 10:15am William		MOBILITY STRETCH & RESTORE 11:00am Sarah B	CHAIR CONDITIONING 12noon Kirsten	BOOT CAMP 11:00am Brandon	
	MOBILITY STRETCH & RESTORE 11:00am Sue					
	CHAIR CONDITIONING 12noon Aeja	HEATED YOGA 5:30pm Jennifer				
HEATED YOGA 5:30pm Adam	HIIT BODY SHOP 5:30pm Bernadette	FIT LAB 5:30pm Bernadette	STRONG 5:30pm Jessica	LA BLAST DANCE 6:00pm Kirsten		
GROOV3 5:30pm Susan	MASTER SWIM 6:30pm Kevin	ROAD CYCLE 5:45pm Mark	MASTER SWIM 6:30pm Kevin	EVERY LAST FRIDAY SALSA NIGHT *FEE 7:00pm William		
ROAD CYCLE 5:45pm Dan	RHYTHM RIDE 6:30pm Jessica	BEG MASTER SWIM 6:30pm Kevin	DANCE ALIVE 6:30pm Jessica	*Drop-In Fee: Members \$10 Guests \$15		
BEG MASTER SWIM 6:30pm Kevin	ZUMBA 6:30pm Cristian	HEATED CORE 6:30PM Bernadette	POWER YOGA 7:30pm Kirsten			
VINYASA YOGA 6:30pm Daniel	POWER YOGA 7:30pm Allie	MIXXEDFIT 6:30pm Chai	HEATED PILATES 7:30pm Jessica			
	HEATED PILATES 7:30pm Jessica	VINYASA YOGA 7:30pm Adam				

STUDIO KEY:
INDOOR LARGE STUDIO
INDOOR SMALL STUDIO
INDOOR CYCLE STUDIO
OUTDOOR CYCLE DECK
OUTDOOR GROUP FIT TURF
POOL