

# FORMA | MIND BODY SCHEDULE - JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>QI GONG</b> 8:00am Jacob</p>		<p><b>MINDFUL FLOW</b> 8:00am Loan</p>		<p><b>MINDFUL FLOW</b> 8:00am Loan</p>		
<p><b>BARRE STRENGTH</b> 9:00am Laura</p>	<p><b>BARRE STRENGTH</b> 9:00am Rosalyn</p>	<p><b>CORE PILATES</b> 9:00am Loan</p>	<p><b>BARRE STRENGTH</b> 9:00am Linda</p>	<p><b>CORE PILATES</b> 9:00am Loan</p>	<p><b>SHAMBHALA CONNECTION</b> 9:00am Jane</p>	<p><b>ROLLER FITNESS</b> 9:15am Meg</p>
<p><b>CORE PILATES</b> 10:00am Loan</p>	<p><b>EMBODIED PILATES</b> 10:00am Rosalyn</p>	<p><b>GENTLE YOGA</b> 10:00am Loan</p>	<p><b>EMBODIED PILATES</b> 10:00am Jane</p>	<p><b>OFF THE BARRE</b> 10:00am Riana</p>	<p><b>MINDFUL FLOW</b> 10:00am Jane</p>	<p><b>SUNDAY FLOW YOGA</b> 10:30am (75 min) Rotation</p>
<p><b>GENTLE YOGA</b> 11:00am Loan</p>	<p><b>MINDFUL FLOW</b> 11:00am Linda</p>	<p><b>BARRE STRENGTH</b> 11:00am Jamie</p>	<p><b>MINDFUL FLOW</b> 11:00am Jane</p>	<p><b>GENTLE YOGA</b> 11:00am Claudia</p>	<p><b>OFF THE BARRE</b> 11:00am Jessica P.</p>	
<p><b>BARRE STRENGTH</b> 12:00pm Tamara</p>	<p><b>NEURO PILATES</b> 12:00pm Jessica F.</p>	<p><b>CHAIR YOGA</b> 12:00pm Jane</p>	<p><b>NEURO PILATES</b> 12:00pm Jessica F.</p>	<p><b>BARRE STRENGTH</b> 12:00am Rosallynn</p>		
				<p><b>MYOFASCIAL RELEASE</b> 1:00am Rosallynn</p>		
<p><b>BARRE STRENGTH</b> 4:30pm Laura</p>	<p><b>CORE PILATES</b> 4:30pm Meg</p>	<p><b>BARRE STRENGTH</b> 4:30pm Rosalyn</p>	<p><b>CORE PILATES</b> 4:30pm Loan</p>	<p><b>RESTORATIVE RELEASE &amp; BREATHWORK</b> 4:30pm Dorian</p>		
<p><b>MINDFUL FLOW</b> 5:30pm Kelli</p>	<p><b>VINYASA FLOW</b> 5:30pm Loan</p>	<p><b>BAREFOOT PLAYGROUND</b> 5:30pm Yuki</p>	<p><b>VINYASA FLOW</b> 5:30pm Loan</p>	<p><b>YIN YOGA AROMA</b> 5:30pm Pam</p>		<p><b>QI GONG</b> 6:00pm Jacob</p>
<p><b>DEEP STRETCHING &amp; BREATHWORK</b> 6:30pm Amaru</p>	<p><b>GENTLE YOGA</b> 6:30pm Jenny</p>	<p><b>CANDLELIGHT YOGA</b> 6:30pm Yuki</p>	<p><b>GENTLE TO YIN</b> 6:30pm Samantha</p>		<p><b>For questions and contact Yuki at <a href="mailto:yuki@formagym.com">yuki@formagym.com</a></b></p>	