F D R M A SEPTEMBER 2024 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<mark>BOOT CAMP</mark> 6:00am Pam	RHYTHM RIDE 6:00am Erin	MOBILITY+ STRENGTH 6:00am	<mark>PURE POWER</mark> 6:00am Riana	BOOT CAMP 5:45am Jason		THETALIEALING
<mark>OI GONG</mark> 8:00am Jacob	SUN RISE WARRIOR 6:00am Pam	Dave MINDFUL FLOW 8:00am Loan	SUN RISE WARRIOR 6:00am Pam	MINDFUL FLOW 8:00am Loan	<mark>PURE POWER</mark> 8:00am Erin	THETAHEALING YOGA & MEDITATION 7:30am (75 Min) Laura P.
MOBILITY+ STRENGTH 9:00am	ROLL & GO 30 7:00am Pam	TRX STRETCH +STRENGTH 9:00am Meg	ROLL & GO 30 7:00am Pam	BODY POWER 9:00am Meg	STEP 101 9/7 ONLY 8:30am June	HIIT + HILLS 8:30am
Dave BARRE STRENGTH 9:00am Laura	<mark>OFF THE BARRE</mark> 9:00am Rosalyn	PURE POWER 9:00am Riana	BARRE STRENGTH 9:00am Linda CARDIO SCULPT	SPEED + STRENGTH 9:00am Riana	SHAMBHALA CONNECTION 9:00am Jane	Daniel ROLLER FITNESS 9:15am Meg
HIIT+HILLS 9:00am Laurie	<mark>CARDIO SCULPT</mark> 9:00am Meg	CORE PILATES 9:00am Loan	9:00am Meg EMBODIED PILATES	CORE PILATES 9:00am Loan	STEP 9:00am June	AQUA FITNESS 9:30am Marion
CORE PILATES 10:00am Loan	BALANCE + CORE 10:00am Meg	AQUA FITNESS 9:30am Marion	10:00am Jane	CARDIO DANCE 10:00am Wes	AQUA FITNESS 9:30am Julie	GLUTE CAMP 9:00am Darlene
TRX STRETCH + STRENGTH 10:00am	EMBODIED PILATES 10:00am Rosalyn	ABC 10:00am Riana	TRX STRETCH + STRENGTH 10:00am Meg	YOGA BARRE 10:00 am Riana	TRX BOOTCAMP 10:00am Shannon	ZUMBA 10:00am
Meg GENTLE YOGA 11:00am	POOL POWER 10:00am Pam	GENTLE YOGA 10:00am Loan	POOL POWER 10:30am Pam	POOL POWER 10:30am Pam	MINDFUL FLOW 10:00am Jane	Kathleen SUNDAY FLOW YOGA 75
Loan BARRE STRENGTH 12:00 pm Tamara	MINDFUL FLOW 11:00am Linda	BARRE STRENGTH 11:00am Jamie	MINDFUL FLOW 11:00am Jane	BOSU ABS 11:00 am Meg	OFF THE BARRE 11:00am Jessica P.	10:30am (75 Min) Rotation
lamara <mark>POWER KICKBOX</mark> 12:00pm Jason	NEURO PILATES 12:00pm Jessica F.	POWER KICKBOX 12:00pm - Jason CHAIR YOGA 12:00pm - Jane	FUNCTIONAL BAND TRAINING 11;30am Dave	GENTLE YOGA 11:00 am Claudia VINYASA FLOW	<mark>ZUMBA</mark> 12:15pm Oscar	
AQUA FITNESS 1:00pm Andrea		AQUA FITNESS 1:00pm - Andrea	NEURO PILATES 12:00pm Jessica F.	12:00 pm Rosalyn MYOFASCIAL		
TRX BOOT CAMP 4:30pm	CORE PILATES 4:30pm Meg	HIIT 4:30pm - Antthony OFF THE BARRE	CORE PILATES 4:30pm Loan	RELEASE 1:00 pm Rosalyn		
Jenn BARRE STRENGTH 4:30pm	VINYASA FLOW 5:30pm Loan	4:30pm - Rosalyn BODY POWER 5:30pm	TRX BOOT CAMP 4:30pm Jenn	AQUA FITNESS 1:00pm Charles		
Laura CYCLE 5:30pm	<mark>BOLLYX</mark> 5:30pm Shivani	Anthony Barefoot Playground	GLUTE CAMP 5:30pm Darlene	FAMILY CONSTELLATIONS 2:30pm Kyla (9/20 & 9/27)		QI GONG
Jenn [°] MINDFUL FLOW 5:30pm Kelli	WANNA DANCE 6:30pm Grace	5:30pm - Yuki HIIT + HILLS 5:30pm Jonnifer M	VINYASA FLOW 5:30pm Loan WANNA DANCE	YIN YOGA - AROMA 5:30pm		6:00pm Jacob
CARDIO DANCE 5:30 pm Wes	GENTLE YOGA 6:30pm Jenny	Jennífer M <mark>ZUMBA</mark> 6:30pm Desi	GENTLE TO YIN	Pam'	STUDIO KEY: Group Fit	1
DEEP STRETCHING & BREATH WORK 6:30pm	POWER KICKBOX 7:30pm Jason	CANDLELIGHT YOGA 6:30pm	6:30pm Samantha POWER KICKBOX		POOL MIND BODY CYCLE	
Amaru		Yuki	7:30pm Jason		UTULL	