

# F O R M A | NOVEMBER SCHEDULE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>HIIT BODY SHOP</b> 6:15am Andrea	<b>CYCLE SPEED + STRENGTH</b> 6:15am Andrea			<b>MASTER SWIM</b> 7:45am Brian	
<b>CARDIO BARRE</b> 9:00am Sarah S	<b>CORE &amp; MORE</b> 9:00am William	<b>ATHLETIC STRENGTH</b> 9:00am Sue	<b>CORE PILATES</b> 9:00am Sarah B	<b>FIT FACTORY</b> 9:00am Bernadette	<b>HIIT BODY SHOP</b> 8:00am Andrea	<b>HIP HOP</b> 9:00am Kerry
<b>DYNAMIC CONDITIONING</b> 10:00am William	<b>HIIT BODY SHOP</b> 9:00am Bernadette	<b>CORE PILATES</b> 10:00am Sue	<b>CYCLE</b> 9:00am Kirsten	<b>BOOT CAMP</b> 9:00am Brandon	<b>CYCLE</b> 9:00am Melinda	<b>CYCLE</b> 9am Kirsten / Andrea
<b>DANCE FUSION</b> 10:00am Bernadette	<b>INTERVAL PILATES</b> 9:00am Sue	<b>AQUA FIT</b> 10:15am Kiana	<b>R.I.P.P.E.D.</b> 9:00am Amanda	<b>CYCLE</b> 10am Kirsten	<b>DANCE ALIVE</b> 9:00am Jessica	<b>PILATES CONDITIONING</b> 10:00am Kerry
<b>AQUA FITNESS</b> 10:30am Malinda	<b>ABC (ARMS BOOTY &amp; CORE)</b> 10:00am Bernadette	<b>ZUMBA GOLD</b> 11:10am Kiana	<b>GENTLE CIRCUIT</b> 10:00am Sarah B	<b>CARDIO KICKBOX</b> 10:00am Brandon	<b>CARDIO KICKBOX</b> 9:00am Brandon	<b>FLOW YOGA</b> 11:00am *75 min Kirsten
<b>ATHLETIC STRENGTH</b> 11:00am William	<b>ZUMBA</b> 10:00am Laleh	<b>CHAIR CONDITIONING</b> 11:00am Sue	<b>ZUMBA</b> 10:00am Laleh	<b>HIP HOP</b> 10:00am Susan	<b>AQUA FITNESS</b> 9:30am Lorraine	
<b>VINYASA YOGA</b> 12noon Vish	<b>AQUA FIT</b> 10:15am William	<b>YOGA STRETCH &amp; RESTORE</b> 12noon Sue	<b>AQUA FITNESS</b> 10:30am Malinda	<b>AQUA FITNESS</b> 10:30am Aeja	<b>CORE &amp; STRETCH</b> 10am Brandon	
<b>CHAIR YOGA</b> 12noon Barbara	<b>MOBILITY STRETCH &amp; RESTORE</b> 11:00am Sue		<b>MOBILITY STRETCH &amp; RESTORE</b> 11:00am Sarah B	<b>YOGA</b> 11:00am Marty	<b>CONTINUOUS FLOW YOGA</b> 10:00am Chelsey	
	<b>CHAIR CONDITIONING</b> 12noon Aeja	<b>VINYASA YOGA</b> 5:30pm Chelsey		<b>CHAIR CONDITIONING</b> 12noon Kirsten	<b>POWER YOGA</b> 10:30am Jessica	
		<b>FIT LAB</b> 5:30pm Bernadette		<b>YIN YOGA</b> 4:30pm Kala	<b>BOOT CAMP</b> 11am Brandon	
<b>VINYASA YOGA</b> 5:30pm Adam	<b>HIIT BODY SHOP</b> 5:30pm Bernadette	<b>ROAD CYCLE</b> 5:45pm Mark	<b>STRONG</b> 5:30pm Jessica	<b>LA BLAST DANCE</b> 6:00pm Kirsten		
<b>GROOV3</b> 5:30pm Susan	<b>MASTER SWIM</b> 6:30pm Kevin	<b>BEG MASTER SWIM</b> 6:30pm Brian	<b>MASTER SWIM</b> 6:30pm Kevin	<b>EVERY LAST FRIDAY SALSA NIGHT *FEE</b> 7:00pm William		
<b>ROAD CYCLE</b> 5:45pm Mark	<b>ZUMBA</b> 6:30pm Cristian	<b>TAI CHI *FEE</b> 6:30pm Adam	<b>DANCE ALIVE</b> 6:30pm Jessica	<b>*Drop-In Fee: Members \$10 Guests \$15</b>		
<b>BEG MASTER SWIM</b> 6:30pm Brian	<b>CYCLE</b> 6:30pm Melinda	<b>CORE &amp; MORE</b> 6:30PM Bernadette	<b>POWER YOGA</b> 7:30pm Prashant			
<b>TAI CHI</b> 6:30pm Adam	<b>POWER YOGA</b> 7:30pm Allie	<b>MIXXEDFIT</b> 6:30pm Chai	<b>GENTLE YOGA</b> 7:30pm Jessica			
<b>VINYASA YOGA</b> 6:30pm Daniel		<b>VINYASA YOGA</b> 7:30pm Adam				
<b>DANCE ALIVE</b> 7:30pm Jessica						

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