

# FORMA | MIND BODY SCHEDULE - NOV 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>BARRE STRENGTH</b> 6:00am Pam		<b>SUNRISE WARRIOR</b> 6:00am Pam			<b>THETAHEALING YOGA &amp; MEDITATION</b> 7:30am (75 min) Laura P.
<b>QI GONG</b> 8:00am Jacob	<b>ROLL &amp; GO 30</b> 7:00am Pam	<b>MINDFUL FLOW</b> 8:00am Loan	<b>ROLL &amp; GO 30</b> 7:00am Pam	<b>MINDFUL FLOW</b> 8:00am Loan		
<b>BARRE STRENGTH</b> 9:00am Laura	<b>OFF THE BARRE</b> 9:00am Rosalyn	<b>CORE PILATES</b> 9:00am Loan	<b>BARRE STRENGTH</b> 9:00am Linda	<b>CORE PILATES</b> 9:00am Loan	<b>SHAMBHALA CONNECTION</b> 9:00am Jane	<b>ROLLER FITNESS</b> 9:15am Meg
<b>CORE PILATES</b> 10:00am Loan	<b>EMBODIED PILATES</b> 10:00am Rosalyn	<b>GENTLE YOGA</b> 10:00am Loan	<b>EMBODIED PILATES</b> 10:00am Jane	<b>YOGA BARRE</b> 10:00am Riana	<b>MINDFUL FLOW</b> 10:00am Jane	<b>SUNDAY FLOW YOGA</b> 10:30am (75 min) Rotation
<b>GENTLE YOGA</b> 11:00am Loan	<b>MINDFUL FLOW</b> 11:00am Linda	<b>BARRE STRENGTH</b> 11:00am Riana	<b>MINDFUL FLOW</b> 11:00am Jane	<b>GENTLE YOGA</b> 11:00am Claudia	<b>OFF THE BARRE</b> 11:00am Jessica P.	
<b>BARRE STRENGTH</b> 12:00pm Tamara	<b>NEURO PILATES</b> 12:00pm Jessica F.	<b>CHAIR YOGA</b> 12:00pm Jane	<b>NEURO PILATES</b> 12:00pm Jessica F.	<b>VINYASA FLOW</b> 12:00pm Rosalynn		
<b>BARRE FLOW &amp; RESTORE</b> 1:00pm Autumn				<b>MYOFASCIAL RELEASE</b> 1:00pm Rosalynn		
<b>BARRE STRENGTH</b> 4:30pm Julie	<b>CORE PILATES</b> 4:30pm Meg	<b>OFF THE BARRE</b> 4:30pm Rosalyn	<b>CORE PILATES</b> 4:30pm Loan	<b>FAMILY CONSTELLATIONS</b> 2:30pm (75 min) Kyla		
<b>POWER YOGA</b> 5:30pm Kelli	<b>VINYASA FLOW</b> 5:30pm Loan	<b>POWER YOGA</b> 5:30pm Yuki	<b>VINYASA FLOW</b> 5:30pm Loan	<b>YIN YOGA AROMA</b> 5:30pm Pam		<b>QI GONG</b> 6:00pm Jacob
<b>DEEP STRETCHING &amp; BREATHWORK</b> 6:30pm Amaru	<b>GENTLE YOGA</b> 6:30pm Jenny	<b>CANDLELIGHT YOGA</b> 6:30pm Yuki	<b>GENTLE TO YIN</b> 6:30pm Samantha		For questions and contact Yuki at <a href="mailto:yuki@formagym.com">yuki@formagym.com</a>	