

FORMA | JANUARY SCHEDULE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	HIIT BODY SHOP 6:15am Andrea	CYCLE SPEED + STRENGTH 6:15am Andrea			MASTER SWIM 7:45am Brian	
CARDIO BARRE 9:00am Sarah S	CORE & MORE 9:00am William	ATHLETIC STRENGTH 9:00am Sue	CORE PILATES 9:00am Sarah B	FIT FACTORY 9:00am Bernadette	HIIT BODY SHOP 8:00am Andrea	HIP HOP 9:00am Kerry
DYNAMIC CONDITIONING 10:00am William	CYCLE 9am Kirsten	CORE PILATES 10:00am Sue	CYCLE 9:00am Kirsten	CYCLE 10am Shoko	CYCLE 9:00am Melinda	BOOT CAMP 9:00am Fermin
DANCE FUSION 10:00am Bernadette	HIIT BODY SHOP 9:00am Bernadette	AQUA FIT 10:15am Kiana	R.I.P.E.D. 9:00am Amanda	HIP HOP 10:00am Susan	DANCE ALIVE 9:00am Jessica	CYCLE 9am Kirsten / Andrea
AQUA FITNESS 10:30am Malinda	INTERVAL PILATES 9:00am Sue	ZUMBA GOLD 11:10am Kiana	GENTLE CIRCUIT 10:00am Sarah B	AQUA FITNESS 10:30am Aeja	CARDIO KICKBOX 9:00am Brandon	FIT LAB 10:00am Fermin
ATHLETIC STRENGTH 11:00am William	ABC (ARMS BOOTY & CORE) 10:00am Bernadette	CHAIR CONDITIONING 11:00am Sue	ZUMBA 10:00am Laleh	STRONG NATION 11am Shoko	AQUA FITNESS 9:30am Lorraine	PILATES CONDITIONING 10:00am Kerry
VINYASA YOGA*74 12noon Vish	ZUMBA 10:00am Laleh	YOGA STRETCH & RESTORE 12noon Sue	AQUA FITNESS 10:30am Malinda	YOGA*74 11:00am Marty	CORE & STRETCH 10am Brandon	FLOW YOGA*74 11:00am *75 min Kirsten
CHAIR YOGA 12noon Barbara	AQUA FIT 10:15am William		MOBILITY STRETCH & RESTORE 11:00am Sarah B	CHAIR CONDITIONING 12noon Kirsten	CONTINUOUS FLOW YOGA*74 10:10am Chelsey	
	MOBILITY STRETCH & RESTORE 11:00am Sue				POWER YOGA*85 10:30am Jessica	
	CHAIR CONDITIONING 12noon Aeja				BOOT CAMP 11am Brandon	
VINYASA YOGA*85 5:30pm Adam		VINYASA YOGA*85 5:30pm Chelsey		YIN YOGA*74 4:30pm Kala		
GROOV3 5:30pm Susan	HIIT BODY SHOP 5:30pm Bernadette	FIT LAB 5:30pm Bernadette	STRONG 5:30pm Jessica	LA BLAST DANCE 6:00pm Kirsten		
ROAD CYCLE 5:45pm Mark	MASTER SWIM 6:30pm Kevin	ROAD CYCLE 5:45pm Mark	MASTER SWIM 6:30pm Kevin			
BEG MASTER SWIM 6:30pm Brian	ZUMBA 6:30pm Cristian	BEG MASTER SWIM 6:30pm Brian	DANCE ALIVE 6:30pm Jessica			
TAI CHI 6:30pm Adam	CYCLE 6:30pm Melinda	CORE & MORE 6.30PM Bernadette	POWER YOGA*74 7:30pm Prashant			
VINYASA YOGA*72 6:30pm Daniel	POWER YOGA*74 7.30pm Allie	MIXXEDFIT 6:30pm Chai	GENTLE YOGA 7:30pm Jessica			
DANCE ALIVE 7:30pm Jessica		VINYASA YOGA*74 7:30pm Adam				

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