

FORMA | MAY 2025 SCHEDULE

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	VINYASA YOGA 9:00am Allyson	CYCLE 9:00am Kirsten	CYCLE 10am Shoko	CYCLE 9:00am Melinda	BOOT CAMP 9:00am Ana
DANCE FUSION 10:00am Bernadette	HIIT BODY SHOP 9:00am Bernadette	CORE PILATES 10:00am Sue	R.I.P.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	AQUA FIT 10:00am Kiana	GENTLE CIRCUIT 10:00am Sarah B	AQUA FITNESS 10:30am Aeja	CARDIO KICKBOX 9:00am Brandon	FIT LAB 10:00am Ana
ATHLETIC STRENGTH 11:00am William	ABC (ARMS BOOTY & CORE) 10:00am Bernadette	ZUMBA GOLD 11:10am Kiana	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	CHAIR CONDITIONING 11:00am Sue	AQUA FITNESS 10:30am Aeja	YOGA*74 11:00am Marty	CORE & STRETCH 10:00am Brandon	FLOW YOGA*74 11:00am *75 min Kirsten & Vish
CHAIR YOGA 12noon Barbara	AQUA FIT 10:15am William	YOGA STRETCH & RESTORE 12noon Sue	MOBILITY STRETCH & RESTORE 11:00am Sarah B	CHAIR CONDITIONING 12noon Kirsten	CONTINUOUS FLOW YOGA*74 10:15am Karishma	
	MOBILITY STRETCH & RESTORE 11:00am Sue				HEATED POWER YOGA*85 10:30am Jessica	
	CHAIR CONDITIONING 12noon Aeja	VINYASA YOGA*85 5:30pm Klirsten		YIN YOGA*74 4:30pm Kala	BOOT CAMP 11am Brandon	
VINYASA YOGA*74 5:30pm Kirsten		FIT LAB 5:30pm Bernadette	STRONG 5:30pm Jessica	DANCE FUSION 6:00pm Team		
GROOV3 5:30pm Susan	HIIT BODY SHOP 5:30pm Bernadette	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	DANCE ALIVE 6:30pm Jessica			
BEG MASTER SWIM 6:30pm Brian	ZUMBA 6:30pm Cristian	CORE & MORE*85 6:30PM Bernadette	POWER YOGA*74 7:30pm Prashant			
VINYASA YOGA*72 6:30pm Daniel	CYCLE 6:30pm Melinda	MIXXEDFIT 6:30pm Chai	GENTLE YOGA 7:30pm Jessica			
DANCE ALIVE 7:30pm Jessica	POWER YOGA*74 7:30pm Eva					
					STUDIO KEY: INDOOR LARGE STUDIO INDOOR SMALL STUDIO INDOOR CYCLE STUDIO OUTDOOR CYCLE DECK OUTDOOR GROUP FIT TURF POOL	