

FORMA | JUNE 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	STRENGTH & STAMINA 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 RHYTHM AND RIDE 9:00am Penni	VINYASA YOGA 80° 9:00am Allyson	CYCLE RHYTHM AND RIDE 9:00am Diane	BOOT CAMP 9:00am Steven	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	CYCLE 10:00am Leroy	DANCE ALIVE 9:00am Jessica	CYCLE 9:00am Andrea/Penni
AQUA FITNESS 10:30am Malinda	INTERVAL PILATES 9:00am Sue	AQUA FIT 10:00am Kiana	CHAIR STRENGTH & MOBILITY 10:00am Sarah B	HIP HOP 10:00am Susan	CARDIO KICKBOX 9:00am Brandon	FIT LAB 10:00am Ana
ATHLETIC STRENGTH 11:00am William	ABC (ARMS BOOTY & CORE) 10:00am Bernadette	GLIDEFIT 11:00am AeJa (starts 6/11)	ZUMBA 10:00am Laleh	AQUA FITNESS 10:30am AeJa	AQUA FITNESS 9:30am Lorraine	PILATES CONDITIONING 10:00am Kerry
GLIDEFIT 11:30am Bernadette (starts 6/16)	ZUMBA 10:00am Laleh	CHAIR CONDITIONING 11:00am Sue	AQUA FITNESS 10:30am Francisco	CORE & MORE 11:00am Shoko	CORE & STRETCH 10:00am Brandon	FLOW YOGA 74° 11:00am (75 min) Vish
VINYASA YOGA 74° 12:00pm Vish	AQUA FIT 10:15am William	ZUMBA GOLD 11:10am Kiana	MOBILITY STRETCH & RESTORE 11:00am Sarah B	YOGA 12:00pm Marty	CONTINUOUS FLOW YOGA 74° 10:15am (75min) Karishma	
CHAIR YOGA 12:00pm Barbara	MOBILITY STRETCH & RESTORE 11:00am Sue	YOGA STRETCH & RESTORE 12:00pm Sue		CHAIR CONDITIONING 12:00pm AeJa	HEATED POWER YOGA*85 10:30am Jessica	
	CHAIR CONDITIONING 12:00pm AeJa	VINYASA YOGA 80° 5:30pm Eva			BOOT CAMP 11:00am Brandon	
VINYASA YOGA 74° 5:30pm (75 min) Eva		FIT LAB 5:30pm Bernadette	STRONG 5:30pm Jessica			
GROOV3 5:30pm Susan	HIIT BODY SHOP 5:30pm Bernadette	ROAD CYCLE 5:45pm Mark	MASTER SWIM 6:30pm Kevin	YIN YOGA 74° 4:30pm Kala		
ROAD CYCLE 5:45pm Mark	MASTER SWIM 6:30pm Kevin	BEG MASTER SWIM 6:30pm Brian	DANCE ALIVE 6:30pm Jessica	DANCE FUSION 6:00pm Team		
BEG MASTER SWIM 6:30pm Brian	ZUMBA 6:30pm Cristian	CORE & MORE 6:30pm Bernadette	POWER YOGA 74° 7:30pm Prashant			
TAI CHI 6:30pm Adam	CYCLE 6:30pm Melinda	MIXXEDFIT 6:30pm Chai	GENTLE YOGA 7:30pm Jessica			
VINYASA YOGA 74° 6:30pm Daniel	POWER YOGA 74° 7:30pm Eva	TAI CHI 6:30pm Adam				
DANCE ALIVE 7:30pm Jessica						
					STUDIO KEY: INDOOR LARGE STUDIO INDOOR SMALL STUDIO INDOOR CYCLE STUDIO OUTDOOR CYCLE DECK OUTDOOR GROUP FIT TURF POOL	