

FORMA | JULY 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 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 Rotation
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 11:15am AeJa	ZUMBA 10:00am Laleh	AQUA FITNESS 10:30am AeJa	CORE & STRETCH 10:00am Brandon	PILATES CONDITIONING 10:00am Kerry
GLIDEFIT 11:30am Bernadette	ZUMBA 10:00am Laleh	CHAIR CONDITIONING 11:00am Sue	AQUA FITNESS 10:30am Francisco	CORE & MORE 11:00am Shoko	VINYASA YOGA 10:15am (75min) Karishma	FLOW YOGA 11:00am (75 min) Vish
VINYASA YOGA 12:00pm Vish	AQUA FIT 10:15am William	ZUMBA GOLD 11:10am Kiana	MOBILITY STRETCH & RESTORE 11:00am Sarah B	YOGA 12:00pm Marty	POWER YOGA 10:30am Jessica	
CHAIR YOGA 12:00pm Barbara	MOBILITY STRETCH & RESTORE 11:00am Sue	YOGA STRETCH & RESTORE 12:00pm Sue		CHAIR CONDITIONING 12:00pm AeJa	BOOT CAMP 11:00am Brandon	
	CHAIR CONDITIONING 12:00pm AeJa	VINYASA YOGA 5:30pm Eva				
VINYASA YOGA 5:30pm (75 min) Eva			STRONG 5:30pm Jessica			
GROOV3 5:30pm Susan	HIIT BODY SHOP 5:30pm Bernadette	FIT LAB 5:30pm Bernadette	MASTER SWIM 6:30pm Kevin	YIN YOGA 4:30pm Kala		
ROAD CYCLE 5:45pm Mark	BOOTCAMP 6:00pm (starts 7/8) Steven	ROAD CYCLE 5:45pm Mark		DANCE FUSION 6:00pm Team		
BEG MASTER SWIM 6:30pm Brian	MASTER SWIM 6:30pm Kevin	BEG MASTER SWIM 6:30pm Brian	DANCE ALIVE 6:30pm Jessica			
TAI CHI 6:30pm Adam	ZUMBA 6:30pm Cristian	CORE & MORE 6:30pm Bernadette	POWER YOGA 7:30pm Prashant			
VINYASA YOGA 6:30pm Daniel	CYCLE 6:30pm Melinda	MIXXEDFIT 6:30pm Chai	GENTLE YOGA 7:30pm Jessica			
DANCE ALIVE 7:30pm Jessica	POWER YOGA 7:30pm Eva	TAI CHI 6:30pm Adam				
					STUDIO KEY: INDOOR LARGE STUDIO INDOOR SMALL STUDIO INDOOR CYCLE STUDIO OUTDOOR CYCLE DECK OUTDOOR GROUP FIT TURF POOL	