

FORMA | MIND BODY DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
QI GONG 8:00am Jacob BARRE STRENGTH 9:00am Laura CORE PILATES 10:00am Loan GENTLE YOGA 11:00am Loan BARRE STRENGTH 12:00pm Tamara BARRE STRENGTH 4:30pm Julie POWER YOGA 5:30pm Eric DEEP STRETCHING & BREATHWORK 6:30pm Amaru	BARRE STRENGTH 9:00am Rosalyn EMBODIED PILATES 10:00am Rosalyn MINDFUL FLOW 11:00am Linda CORE PILATES 4:30pm Meg VINYASA FLOW 5:30pm Loan GENTLE YOGA 6:30pm Jenny	MINDFUL FLOW 8:00am Loan CORE PILATES 9:00am Loan GENTLE YOGA 10:00am Loan YOGA BARRE 11:00am Riana CHAIR YOGA 12:00pm Jane BARRE STRENGTH 4:30pm Jamie EMBODIED PILATES 5:30pm Jamie FLOW TO YIN 6:30pm (75 min) ERIC	QI GONG 8:00am Will BARRE STRENGTH 9:00am Linda EMBODIED PILATES 10:00am Jane MINDFUL FLOW 11:00am Jane NEURO PILATES 12:00pm Jessica F. CORE PILATES 4:30pm Loan VINYASA FLOW 5:30pm Loan GENTLE MEDITATIVE FLOW 6:30pm Eric	MINDFUL FLOW 8:00am Loan CORE PILATES 9:00am Loan YOGA BARRE 10:00am Jamie GENTLE YOGA 11:00am Linda BARRE STRENGTH 12:00pm Linda QI GONG 4:30pm Jacob YIN YOGA AROMA 5:30pm Pam	SHAMBHALA CONNECTION 9:00am Jane MINDFUL FLOW 10:00am Jane OFF THE BARRE 11:00am Jessica P.	ROLLER FITNESS 9:00am Meg SUNDAY FLOW YOGA 10:30am (75 min) Eric

*For questions, contact Yuki at
yuki@formagym.com*