

FORMA | JANUARY 2026 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRX BOOT CAMP 5:30am Shannon	RHYTHM + RIDE 6:00am Erin	MOBILITY+ STRENGTH 6:00am David	PURE POWER 6:00am Riana	BOOT CAMP 5:45am Jason		
QI GONG 8:00am Jacob	BARRE STRENGTH 9:00am Rosalyn	SPEED + STRENGTH 6:00am Riana	QI GONG 8:00am Will	MINDFUL FLOW 8:00am Loan	PURE POWER 8:00am Erin	
MOBILITY+ STRENGTH 9:00am David	CARDIO SCULPT 9:00am Meg	MINDFUL FLOW 8:00am Loan	BARRE STRENGTH 9:00am Linda	BODY POWER 9:00am Meg	STEP 9:00am June	HIIT + HILLS 8:30am Rotation
BARRE STRENGTH 9:00am Laura	BALANCE + CORE 10:00am Meg	TRX STRETCH + STRENGTH 9:00am Meg	CARDIO SCULPT 9:00am Meg	HIIT + HILLS 9:00am Rotation	SHAMBHALA CONNECTION 9:00am Jane	ROLLER FITNESS 9:00am Meg
HIIT+HILLS 9:00am Laurie	EMBODIED PILATES 10:00am Rosalyn	CORE PILATES 9:00am Loan	EMBODIED PILATES 10:00am Jane	CORE PILATES 9:00am Loan	AQUA FITNESS 9:30am Julie	AQUA FITNESS 9:30am Marion
CORE PILATES 10:00am Loan	POOL POWER 10:00am Pam	AQUA FITNESS 9:30am Marion	TRX STRETCH + STRENGTH 10:00am Meg	ZUMBA 10:00am Oscar	TRX BOOTCAMP 10:00am Shannon	GLUTE CAMP 9:00am Darlene
TRX STRETCH + STRENGTH 10:00am Meg	MINDFUL FLOW 11:00am Linda	ABC 10:00am Riana	POOL POWER 10:30am Pam	BARRE STRENGTH 10:00am Jamie	MINDFUL FLOW 10:00am Jane	ZUMBA 10:00am Kathleen
GENTLE YOGA 11:00am Loan	TRX STRETCH + STRENGTH 11:00am Meg	GENTLE YOGA 10:00am Loan	MINDFUL FLOW 11:00am Jane	POOL POWER 10:30am Jacki	OFF THE BARRE 11:00am Jessica P.	SUNDAY FLOW YOGA 10:30am (75 Min) Eric
POWER KICKBOX 12:00pm Jason	FUNCTIONAL BAND TRAINING 12:00pm Tais	YOGA BARRE 11:00am Riana	FUNCTIONAL BAND TRAINING 11:30am Dave	BALANCE + CORE 11:00am Meg	ZUMBA 12:15pm Lisa	HIIT 11:00am Jacki
BARRE STRENGTH 12:00pm Tamara		POWER KICKBOX 12:00pm Jason	NEURO PILATES 12:00pm Jessica F.	GENTLE YOGA 11:00am Jane	CHAIR YOGA 12:00pm Jane	
AQUA FITNESS 1:00pm Andrea	CORE PILATES 4:30pm Meg	CHAIR YOGA 12:00pm Jane	CORE PILATES 4:30pm Loan	AQUA FITNESS 1:00pm Charles	QI GONG 4:30pm Jacob	
TRX BOOT CAMP 4:30pm Jenn	VINYASA FLOW 5:30pm Loan	AQUA FITNESS 1:00pm Andrea	TRX BOOT CAMP 4:30pm Jenn	YIN YOGA - AROMA 5:30pm Pam		
BARRE STRENGTH 4:30pm Julie	BOLLYX 5:30pm Shivani	BARRE STRENGTH 4:30pm Jamie	GLUTE CAMP 5:30pm Darlene	RHYTHM + RIDE 5:30pm Rico		
PURE POWER 5:30pm Jenn	RHYTHM + RIDE 5:30pm Jennifer	FULL BODY STRENGTH 5:30pm Jacki	VINYASA FLOW 5:30pm Loan			
POWER YOGA 5:30pm Eric	GENTLE YOGA 6:30pm Jenny	EMBODIED PILATES 5:30pm Jamie	GENTLE MEDITATIVE FLOW 6:30pm Eric			
CARDIO DANCE 5:30pm Wes	POWER KICKBOX 6:30pm Jason	HIIT + HILLS 5:30pm Jennifer M	POWER KICKBOX 6:30pm Max			
DEEP STRETCHING & BREATH WORK 6:30pm Amaru		ZUMBA 6:30pm Desi				
GLUTE CAMP 6:30pm Darlene		FLOW TO YIN 6:30pm (75 min) Eric				
		POWER BOXING 7:30pm Max				

STUDIO KEY:
GROUP FIT
POOL
MIND BODY
CYCLE