

FORMA | MIND BODY JANUARY 2026

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