

FORMA | MIND BODY JANUARY 2026

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

*For questions, contact Yuki at
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