

FORMA | FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SCULPT & FLOW 8:00am Karishma CARDIO BARRE 9:00am Sarah S DYNAMIC CONDITIONING 10:00am William DANCE FUSION 10:00am Bernadette AQUA FITNESS 10:30am Malinda ATHLETIC STRENGTH 11:00am William VINYASA YOGA 12:00pm Vish CHAIR YOGA 12:00pm Barbara VINYASA YOGA 5:30pm Chelsey GROOV3 5:30pm Susan CYCLE 5:45pm Mark BEG MASTER SWIM 6:30pm Brian VINYASA YOGA 6:30pm Daniel TAI CHI 7:00pm Adam DANCE ALIVE 7:30pm Jessica	PILATES STRONG 6:15am - Andrea CORE & MORE 9:00am - William CYCLE 9:00am - Penni HIIT BODY SHOP 9:00am - Bernadette INTERVAL PILATES 9:00am - Sue ABC (ARMS BOOTY & CORE) 10:00am - Bernadette ZUMBA 10:00am Laleh AQUA FITNESS 10:15am William MOBILITY, STRETCH & RESTORE 11:00am Sue TRX CIRCUIT 11:15am Will CHAIR CONDITIONING 11:00am AeJa CHAIR CONDITIONING 12:00pm AeJa HIIT BODY SHOP 5:30pm Bernadette BOOT CAMP 6:00pm Ana MASTER SWIM 6:30pm Kevin MIXXEDFIT 6:30pm Chai CYCLE 6:30pm Melinda GENTLE YOGA 6:30pm Liz POWER YOGA 7:30pm Eva	CYCLE 6:15am Andrea STRENGTH & STAMINA 9:00am Sue VINYASA YOGA 8:45am (75min) Allyson CORE PILATES 10:00am Sue AQUA FITNESS 10:30am Kiana CHAIR CONDITIONING 11:00am Sue CHAIR CONDITIONING 12:00pm Sue ZUMBA GOLD 12:00pm Kiana VINYASA YOGA 5:30pm (75min) Eva FIT LAB 5:30pm Bernadette CYCLE 5:45pm Mark BEG MASTER SWIM 6:30pm Brian CORE & MORE 6:30pm Bernadette TAI CHI 7:00pm Adam ZUMBA 7:30pm Raquel	BEG MASTER SWIM 6:30am Kelsey CORE PILATES 9:00am Sarah B CYCLE 9:00am Liz R.I.P.P.E.D. 9:00am Amanda CHAIR STRENGTH & MOBILITY 10:00am Sarah B ZUMBA 10:00am Laleh AQUA FITNESS 10:30am Francisco MOBILITY STRETCH & RESTORE 11:00am Sarah B STRONG 5:30pm Jessica TRX CIRCUIT 6:00pm Penni MASTER SWIM 6:30pm Kevin DANCE ALIVE 6:30pm Jessica CYCLE EXPRESS 6:30pm (30min) Dianne GENTLE YOGA 7:30pm Jessica MINDFUL MEDITATION 7:15pm (30min) Dianne	FIT FACTORY 9:00am Bernadette CIRCUIT TRAINING 9:00am Penni CYCLE 10:00am Jackie HIP HOP 10:00am Susan AQUA FITNESS 10:30am AeJa CORE PILATES 11:00AM Sue CHAIR CONDITIONING 11:00am Karishma CHAIR CONDITIONING 12:00pm Karishma YIN YOGA 4:30pm Kala DANCE FUSION 6:00pm Team	MASTER SWIM 7:45am Rotation HIIT BODY SHOP 8:00am Andrea PILATES CONDITIONING 8:00am Leay CYCLE 9:00am Melinda DANCE ALIVE 9:00am Jessica CORE & RESTORE 9:00am Brandon AQUA FITNESS 9:30am Lorraine BOOT CAMP 10:00am Brandon VINYASA YOGA 10:15am (75min) Karishma POWER YOGA 10:30am Jessica	HIP HOP 9:00am Kerry BOOT CAMP 9:00am Ana GLUTE LAB 10:00am (30min) Ana PILATES CONDITIONING 10:00am Kerry VINYASA YOGA 11:00am (75 min) Vish
					STUDIO KEY: INDOOR LARGE STUDIO INDOOR SMALL STUDIO INDOOR CYCLE STUDIO OUTDOOR CYCLE DECK OUTDOOR GROUP FIT TURF POOL	