

FORMA | JANUARY 2026

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

STUDIO KEY:

INDOOR LARGE STUDIO

INDOOR SMALL STUDIO

INDOOR CYCLE STUDIO

OUTDOOR CYCLE DECK

OUTDOOR GROUP FIT TURF

POOL