

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