

FORMA | MIND BODY MARCH 2026

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