

# F O R M A | JUNE 2026 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>TRX BOOT CAMP</b> 5:30am Shannon	<b>RHYTHM + RIDE</b> 6:00am Erin	<b>MOBILITY+ STRENGTH</b> 6:00am Jacki	<b>PURE POWER</b> 6:00am Riana	<b>BOOT CAMP</b> 5:45am Jason		
<b>QI GONG</b> 8:00am Jacob	<b>QI GONG</b> 8:00am Carolyn	<b>MINDFUL FLOW</b> 8:00am Loan		<b>MINDFUL FLOW</b> 8:00am Loan	<b>PURE POWER</b> 8:00am Erin	<b>HIIT + HILLS</b> 8:30am Daniel
<b>MOBILITY+ STRENGTH</b> 9:00am David	<b>BARRE STRENGTH</b> 9:00am Rosalyn	<b>TRX STRETCH + STRENGTH</b> 9:00am Meg	<b>BARRE STRENGTH</b> 9:00am Linda	<b>BODY POWER</b> 9:00am Meg	<b>STEP</b> 9:00am June	<b>ROLLER FITNESS</b> 9:00am Meg
<b>BARRE STRENGTH</b> 9:00am Laura	<b>CARDIO SCULPT</b> 9:00am Meg	<b>CORE PILATES</b> 9:00am Loan	<b>CARDIO SCULPT</b> 9:00am Meg	<b>HIIT + HILLS</b> 9:00am Marie	<b>SHAMBHALA CONNECTION</b> 9:00am Jane	<b>AQUA FITNESS</b> 9:30am Marion
<b>HIIT+HILLS</b> 9:00am Laurie	<b>BALANCE + CORE</b> 10:00am Meg	<b>SPEED + STRENGTH</b> 9:00am Riana	<b>EMBODIED PILATES</b> 10:00am Jane	<b>CORE PILATES</b> 9:00am Loan	<b>AQUA FITNESS</b> 9:30am Julie	<b>GLUTE CAMP</b> 9:00am Darlene
<b>CORE PILATES</b> 10:00am Loan	<b>EMBODIED PILATES</b> 10:00am Rosalyn	<b>AQUA FITNESS</b> 9:30am Marion	<b>TRX STRETCH + STRENGTH</b> 10:00am Meg	<b>ZUMBA</b> 10:00am Oscar	<b>BOOTCAMP</b> 10:00am Rotation	<b>ZUMBA</b> 10:00am Kathleen
<b>TRX STRETCH + STRENGTH</b> 10:00am Meg	<b>POOL POWER</b> 10:00am Pam	<b>ABC</b> 10:00am Riana	<b>POOL POWER</b> 10:30am Pam	<b>BARRE STRENGTH</b> 10:00am Jamie	<b>MINDFUL FLOW</b> 10:00am Jane	<b>SUNDAY FLOW YOGA</b> 10:30am (75 Min) Eric
<b>GENTLE YOGA</b> 11:00am Loan	<b>MINDFUL FLOW</b> 11:00am Linda	<b>GENTLE YOGA</b> 10:00am Loan	<b>MINDFUL FLOW</b> 11:00am Jane	<b>POOL POWER</b> 10:30am Jacki	<b>OFF THE BARRE</b> 11:00am Jessica P.	
<b>POWER KICKBOX</b> 12:00pm Jason	<b>TRX STRETCH +STRENGTH</b> 11:00am Meg	<b>YOGA BARRE</b> 11:00am Riana	<b>FUNCTIONAL BAND TRAINING</b> 11:30am Dave	<b>BALANCE + CORE</b> 11:00am Meg	<b>ZUMBA</b> 12:15pm Rotation	
<b>BARRE STRENGTH</b> 12:00pm Tamara	<b>FUNCTIONAL BAND TRAINING</b> 12:00pm Tais	<b>POWER KICKBOX</b> 12:00pm Jason		<b>GENTLE YOGA</b> 11:00am Jane		
<b>AQUA FITNESS</b> 1:00pm Andrea		<b>CHAIR YOGA</b> 12:00pm Jane		<b>CHAIR YOGA</b> 12:00pm Jane		
		<b>AQUA FITNESS</b> 1:00pm Andrea		<b>AQUA FITNESS</b> 1:00pm Charles		
<b>CORE PILATES</b> 4:30pm Laura	<b>BARRE STRENGTH</b> 4:30pm Rocky	<b>BARRE STRENGTH</b> 4:30pm Jamie	<b>CORE PILATES</b> 4:30pm Loan	<b>CHAIR YOGA</b> 12:00pm Jane		
		<b>FULL BODY STRENGTH</b> 5:30pm Jacki	<b>BOOT CAMP</b> 4:30pm Darlene	<b>YIN YOGA - AROMA</b> 5:30pm Pam		
<b>TRX BOOT CAMP</b> 4:30pm Jacki	<b>VINYASA FLOW</b> 5:30pm Loan	<b>EMBODIED PILATES</b> 5:30pm Jamie	<b>GLUTE CAMP</b> 5:30pm Darlene	<b>RHYTHM + RIDE</b> 5:30pm Rico		
<b>PURE POWER</b> 5:30pm Rico	<b>FULL BODY STRENGTH</b> 5:30pm Jacki	<b>HIIT + HILLS</b> 5:30pm Jennifer M	<b>VINYASA FLOW</b> 5:30pm Loan			
<b>POWER YOGA</b> 5:30pm Eric	<b>RHYTHM + RIDE</b> 5:30pm Jennifer		<b>GENTLE MEDITATIVE FLOW</b> 6:30pm Eric			
<b>CARDIO DANCE</b> 5:30pm Wes	<b>GENTLE YOGA</b> 6:30pm Eric	<b>ZUMBA</b> 6:30pm Desi	<b>POWER KICKBOX</b> 6:30pm Max			
<b>DEEP STRETCHING &amp; BREATH WORK</b> 6:30pm Amaru	<b>POWER KICKBOX</b> 6:30pm Jason					
<b>GLUTE CAMP</b> 6:30pm Darlene						
					<b>STUDIO KEY:</b> GROUP FIT POOL MIND BODY CYCLE	