

# FORMA | MIND BODY JULY 2026

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