

FORMA | AUGUST SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SCULPT & FLOW 8:00am Karishma	PILATES STRONG 6:15am Andrea	CYCLE 6:15am Andrea	METABOLIC STRENGTH 6:15am Tyler	FIT FACTORY 9:00am Bernadette	MASTER SWIM 7:45am Jackie	HIP HOP 9:00am Kerry
CARDIO BARRE 9:00am Karishma	CYCLE 9:00am Penni	STRENGTH & STAMINA 9:00am Sue	BEG MASTER SWIM 6:30am Howie	CIRCUIT TRAINING 9:00am Jackie	HIIT BODY SHOP 8:00am Andrea	BOOT CAMP 9:00am Ana
DYNAMIC CONDITIONING 10:00am William	HIIT BODY SHOP 9:00am Bernadette	VINYASA YOGA 8:45am (75min) Ally	CORE PILATES 9:00am Sarah B	HIP HOP 10:00am Susan	PILATES CONDITIONING 8:00am Leay	LEG DAY 10:00am Ana
DANCE FUSION 10:00am Bernadette	INTERVAL PILATES 9:00am Sue	CORE PILATES 10:00am Sue	R.I.P.P.E.D. 9:00am Amanda	AQUA FITNESS 10:30am AeJa	CYCLE 9:00am Melinda	PILATES CONDITIONING 10:00am Kerry
AQUA FITNESS 10:30am Malinda	ABC (ARMS BOOTY & CORE) 10:00am Bernadette	BOOT CAMP 9:00am Jackie	CHAIR STRENGTH & MOBILITY 10:00am Sarah B	CORE PILATES 11:00AM Sue	DANCE ALIVE 9:00am Jessica	VINYASA YOGA 11:00am (75 min) Vish
ATHLETIC STRENGTH 11:00am William	ZUMBA 10:00am Laleh	CORE & MORE 10:00am William	ZUMBA 10:00am Laleh	CHAIR CONDITIONING 12:00pm Karishma	AQUA FITNESS 9:30am Lorraine	
VINYASA YOGA 12:00pm Vish	AQUA FITNESS 10:30am Riba	AQUA FITNESS 10:30am Kiana	AQUA FITNESS 10:30am Francisco	YIN YOGA 4:30pm Kala	BOOT CAMP 10:00am Jackie	
CHAIR YOGA 12:00pm Barbara	MOBILITY, STRETCH & RESTORE 11:00am Sue	CHAIR COND. 11:00am Sue	MOBILITY STRETCH & RESTORE 11:00am Sarah B	DANCE FUSION 6:00pm Team	VINYASA YOGA 10:15am (75min) Karishma	
VINYASA YOGA 5:30pm Nanci	CHAIR CONDITIONING 12:00pm AeJa	CHAIR COND. 12:00pm Sue	VINYASA YOGA 12:00pm (75 min) Eva		POWER YOGA 10:30am Jessica	
GROOV3 5:30pm Susan	HIIT BODY SHOP 5:30pm Bernadette	ZUMBA GOLD 12:00pm Kiana	STRONG 5:30pm Jessica			
CYCLE 5:45pm Mark	BOOT CAMP 6:00pm Colleen	VINYASA YOGA 5:30pm (75min) Karishma	BOOT CAMP 6:00pm Ana			
BEG MASTER SWIM 6:30pm Howie	MASTER SWIM 6:30pm Kevin	FIT LAB 5:30pm Bernadette	MASTER SWIM 6:30pm Derrick			
DANCE ALIVE 6:30pm Jessica	MIXXEDFIT 6:30pm Chai	CYCLE 5:45pm Mark	DANCE ALIVE 6:30pm Jessica			
TAI CHI 6:30pm Adam	CYCLE 6:30pm Melinda	BEG MASTER SWIM 6:30pm Kevin	GENTLE YOGA 7:30pm Jessica			
YIN YOGA 7:30pm Jessica	GENTLE YOGA 6:30pm Kala	CORE & MORE 6:30pm Bernadette	MINDFUL MEDITATION 7:00pm Dianne			
	VINYASA YOGA 7:30pm Elizabeth	TAI CHI 6:30pm Adam				
		ZUMBA 7:30pm Raquel				
					STUDIO KEY: INDOOR LARGE STUDIO INDOOR SMALL STUDIO INDOOR CYCLE STUDIO OUTDOOR CYCLE DECK OUTDOOR GROUP FIT TURF POOL	