

FORMA | MIND BODY AUGUST

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