

FORMA | SEPTEMBER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRX BOOT CAMP 5:30am Shannon	RHYTHM + RIDE 6:00am Erin	CARDIOSCULPT 5:45am David B	PURE POWER 6:00am Riana	BOOT CAMP 5:45am Jason	PURE POWER 8:00am Erin STEP 8:00am June HIIT CIRCUIT 9:00am Michael SHAMBHALA CONNECTION 9:00am Jane AQUA FITNESS 9:30am Julie BOOTCAMP 10:00am Shannon MINDFUL FLOW 10:00am Jane OFF THE BARRE 11:00am Jessica P. ZUMBA 12:15pm Lisa	HIIT + HILLS 8:30am Daniel ROLLER FITNESS 9:00am Meg AQUA FITNESS 9:30am Sally GLUTE CAMP 9:00am Darlene ZUMBA 10:00am Kathleen SUNDAY FLOW YOGA 10:30am (75 Min) Eric
QI GONG 7:30am Jacob	FUNCTIONAL BAND TRAINING 8:00am Tais	MINDFUL FLOW 8:00am Loan	BARRE STRENGTH 9:00am Linda	MINDFUL FLOW 8:00am Loan		
BARRE STRENGTH 8:45am Laura	QI GONG 8:00am Carolyn	TRX STRETCH + STRENGTH 9:00am Meg	BARRE STRENGTH 9:00am Meg	BODY POWER 9:00am Meg		
HIIT+HILLS 9:00am Laurie	BARRE STRENGTH 9:00am Rosalyn	CORE PILATES 9:00am Loan	CARDIO SCULPT 9:00am Meg	HIIT + HILLS 9:00am Marie		
MOBILITY+ STRENGTH 9:30am David	TRX STRETCH + STRENGTH 9:30am Meg	SPEED + STRENGTH 9:00am Riana	EMBODIED PILATES 10:00am Jane	CORE PILATES 9:00am Loan		
CORE PILATES 10:15am Loan	EMBODIED PILATES 10:00am Rosalyn	AQUA FITNESS 9:30am Jacki	TRX STRETCH + STRENGTH 10:00am Meg	ZUMBA 10:00am Oscar		
GENTLE YOGA 11:15am Loan	POOL POWER 10:00am Pam	ABC 10:00am Riana	POOL POWER 10:00am Pam	BARRE STRENGTH 10:00am Jamie		
TRX STRETCH + STRENGTH 12:00pm Meg	BALANCE + CORE 10:30am Meg	JOINT HEALTH & STRENGTH 11:00am Michael	MINDFUL FLOW 11:00am Jane	POOL POWER 10:30am Jacki		
BARRE STRENGTH 12:15pm Tamara	MINDFUL FLOW 11:30am Linda	GENTLE YOGA 10:00am Loan	FUNCTIONAL BAND TRAINING 11:30am Dave	BALANCE + CORE 11:00am Meg		
AQUA FITNESS 1:00pm Andrea	CARDIO SCULPT 12:30pm Meg	YOGA SCULPT 11:00am Riana		GENTLE YOGA 11:00am Jen G		
CORE PILATES 4:30pm Laura	BARRE STRENGTH 4:30pm Rocky	CHAIR YOGA 12:00pm Jane	CORE PILATES 4:30pm Loan	CHAIR YOGA 12:00pm Jen G		
TRX BOOT CAMP 4:30pm Jacki	FULL BODY STRENGTH 5:15pm Jacki	AQUA FITNESS 1:00pm Andrea	BOOT CAMP 4:30pm Darlene	AQUA FITNESS 1:00pm Charles		
PURE POWER 5:30pm David	BARRE STRENGTH 4:30pm David	BARRE STRENGTH 4:30pm Jamie	GLUTE CAMP 5:30pm Darlene	BARRE STRENGTH 4:30pm David		
POWER YOGA 5:30pm Eric	RHYTHM + RIDE 5:30pm Jennifer	FULL BODY STRENGTH 5:30pm Jacki	VINYASA FLOW 5:30pm Loan	YIN YOGA - AROMA 5:30pm Pam		
CARDIO DANCE 5:30pm Wes	VINYASA FLOW 5:45pm Loan	EMBODIED PILATES 5:30pm Jamie	GENTLE MEDITATIVE FLOW 6:30pm Eric	PURE POWER 5:30pm David		
DEEP STRETCHING & BREATH WORK 6:30pm Amaru	POWER KICKBOX 6:30pm Jason	CYCLE THEMES 5:30pm David	POWER KICKBOX 6:30pm Max			
GLUTE CAMP 6:30pm Darlene	ZUMBA 6:30pm Desi					
	GENTLE YOGA 6:45pm Eric					
					STUDIO KEY: GROUP FIT POOL MIND BODY CYCLE	