

FORMA | OCTOBER SCHEDULE

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