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

STUDIO KEY:
GROUP FIT
POOL
MIND BODY
CYCLE