

FORMA | OCTOBER SCHEDULE

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