FORMA | NOVEMBER SCHEDULE

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

STUDIO KEY:

INDOOR LARGE STUDIO
INDOOR SMALL STUDIO
INDOOR CYCLE STUDIO
OUTDOOR GROUP FIT TURF
POOL