

FUNCTIONAL STUDIO

F O R E S T
H O U S E

	MON	TUES	WED	THURS	FRI	SAT	SUN
0600	LIFT 60		LIFT 60		LIFT 60		
0610		ENGINE 40		ENGINE 40			
0700	LIFT 40	ENGINE 40	LIFT 40	ENGINE 40	LIFT 40		
0740	HIIT 20		HIIT 20		HIIT 20		
0900						META 80	META 80
0940	LIFT 40	ENGINE 40	LIFT 60	ENGINE 40	LIFT 60		
1000							
1030	WOMEN'S WEIGHTLIFT						
1100						HIIT 40	HIIT 40
1220	LIFT 40	ENGINE 40	LIFT 40	ENGINE 40	LIFT 40		
1240							
1720							
1800	LIFT 60		LIFT 60		WOMEN'S WEIGHTLIFT		
1820		ENGINE 60		ENGINE 60			
1900	HIIT 20		HIIT 20				

RIDE STUDIO

F O R E S T
H O U S E

	MON	TUES	WED	THURS	FRI	SAT	SUN
0620	PERFORMANCE 40	RIDE TO THE BEAT 40	PERFORMANCE 40				
0800							
0920		PERFORMANCE 40			RIDE TO THE BEAT 40		
1020							PERFORMANCE 60
1040						RIDE TO THE BEAT 40	
1100							
1220	PERFORMANCE 40		RIDE TO THE BEAT 40				
1700							
1800	RIDE TO THE BEAT 40		RIDE TO THE BEAT 40	RIDE TO THE BEAT 40			
1820		PERFORMANCE 40					

REFORM STUDIO

F O R E S T
H O U S E

	MON	TUES	WED	THURS	FRI	SAT
0620			POWER HOUR		POWER HOUR	
0720		POWER HOUR		STRETCH & SCULPT		
0920		STRETCH & SCULPT				
0940	POWER HOUR		STRETCH & SCULPT			
1020						POWER HOUR
1140						STRETCH & SCULPT
1200				POWER HOUR		
1220		POWER HOUR				
1240						STRETCH & SCULPT
1400	STRETCH & SCULPT					
1740		FUNDAMENTALS	STRETCH & SCULPT			
1840		POWER HOUR				
1900				STRETCH & SCULPT		
2000		POWER HOUR		POWER HOUR		

FLOW STUDIO

F O R E S T
H O U S E

	MON	TUES	WED	THURS	FRI
0620			HOT YOGA 60		
0700	HOT YOGA 60				VINYASA 60
0800					
0920	HOT YOGA 60	YOGA FLOW 60	BARRE 60	YOGA FLOW 60	HOT YOGA 60
1020		PILATES 60			
1040			YOGA FLOW 60	BARRE 40	
1120				PILATES 60	
1220	PILATES 60	BEGINNGER ASHTANGA 60	STRETCH 40		HOT YOGA 40
1320	BARRE 40				
1620					
1700					YOGA FLOW 80
1720		POWER YOGA 60			
1740			VINYASA 60		
1800	BARRE 60			POWER YOGA 60	
1840		HOT YOGA 60	PILATES 60		
1920	YOGA FLOW 60				
1940			ASHTANGA 60	PILATES 60	
2000		SOUND BOWL 60			

FLOW STUDIO

F O R E S T
H O U S E

	SAT	SUN
0820	YOGA FLOW 80	
0840		HOT YOGA 60
0940		MEDITATION 20
1000	BARRE 60	
1020		PILATES 60
1140	PILATES 60	
1340	VINYASA 60	
1600		VINAYASA FLOW 60
1700		MEDITATION 20