

# FUNCTIONAL STUDIO

F O R E S T  
H O U S E

	MON	TUES	WED	THURS	FRI	SAT	SUN
0600	LIFT 60	ENGINE 60	LIFT 60	ENGINE 60	LIFT 60		
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 60	ENGINE 40	LIFT 60	ENGINE 40	LIFT 60		
1100	HIIT 20		HIIT 20		HIIT 20	ENGINE 40	ENGINE 40
1200							STRETCH 40
1220	LIFT 40	ENGINE 40	LIFT 40	ENGINE 40	LIFT 40		
1300							
1720					LIFT 40		
1800	LIFT 60		LIFT 60				
1820		ENGINE 60		ENGINE 60	WOMEN'S WEIGHTLIFT		
1900			LIFT 60				
1920	WOMEN'S WEIGHTLIFT	ENGINE 40					
1930				STRETCH 40			

# RIDE STUDIO

F O R E S T  
H O U S E

	MON	TUES	WED	THURS	FRI	SAT	SUN
0620	RIDE TO THE BEAT 40	RIDE TO THE BEAT 40	RIDE TO THE BEAT 40				
0800							
0920		RIDE TO THE BEAT 40			RIDE TO THE BEAT 40		
1020							RIDE TO THE BEAT 40
1040						RIDE TO THE BEAT 40	
1100							
1220			RIDE TO THE BEAT 40				
1340							
1800	RIDE TO THE BEAT 40		RIDE TO THE BEAT 40	RIDE TO THE BEAT 40			
1820		RIDE TO THE BEAT 40					
1930		RIDE TO THE BEAT 40					

# REFORM STUDIO

F O R E S T  
H O U S E

	MON	TUES	WED	THURS	FRI
0620	POWER HOUR		POWER HOUR		POWER HOUR
0720		POWER HOUR		POWER HOUR	
0920		POWER HOUR		POWER HOUR	STRETCH & SCULPT
0940	POWER HOUR		STRETCH & SCULPT		
1020		STRETCH & SCULPT			
1030				STRETCH & SCULPT	POWER HOUR
1045			POWER HOUR		
1140					STRETCH & SCULPT
1200	STRETCH & SCULPT		STRETCH & SCULPT		
1220		POWER HOUR		STRETCH & SCULPT	
1330					POWER HOUR
1400	STRETCH & SCULPT				
1430					POWER HOUR
1715			POWER HOUR		
1740	POWER HOUR	FUNDAMENTALS			
1800				FUNDAMENTALS	REFORMER: RETRO
1820			STRETCH & SCULPT		
1840		STRETCH & SCULPT			
1850	STRETCH & SCULPT				
1900				STRETCH & SCULPT	
2000			POWER HOUR	POWER HOUR	

# REFORM STUDIO – WEEKEND

F O R E S T  
H O U S E

	SAT	SUN
0620		
0720		
0910		REFORMER: RETRO
0940		
1020	POWER HOUR	POWER HOUR
1130	STRETCH & SCULPT	STRETCH & SCULPT
1200		
1220		
1240	STRETCH & SCULPT	
1400		
1740		
1800		

# FLOW STUDIO

F O R E S T  
H O U S E

	MON	TUES	WED	THURS
0620			POWER (HOT) 60 INTERMEDIATE	
0700	VINYASA (HOT) 60 ALL LEVELS			
0920	DYNAMIC VINYASA (HOT) 60 ALL LEVELS	HATHA 60 BEGINNERS	BARRE 60 ALL LEVELS	FLOW 60 ALL LEVELS
1020		PILATES 60 ALL LEVELS		
1040			ROCKET 60 INTERMEDIATE	BARRE 40 ALL LEVELS
1120				PILATES 60 ALL LEVELS
1220	PILATES 60 ALL LEVELS	ASHTANGA 60 BEGINNERS	SLOW FLOW 40 ALL LEVELS	
1320	BARRE 40 ALL LEVELS			
1730		POWER YOGA 60 EXPERIENCED		
1740			YOGA FLOW 60 ALL LEVELS	LATIN DANCE ALL LEVELS
1800	BARRE 60 ALL LEVELS			
1840		VINYASA 60 INTERMEDIATE	PILATES 60 ALL LEVELS	ROCKET 60 EXPERIENCED
1920	VINYASA 60 (HOT) BEGINNERS			
1940			BARRE 60 ALL LEVELS	PILATES 60 ALL LEVELS
1950		SOUND BOWL 60		

# FLOW STUDIO

F O R E S T  
H O U S E

	FRI	SAT	SUN
0700	VINYASA 60 ALL LEVELS		
0820		ROCKET 80 ALL LEVELS	
0840			FLOW (HOT) 60 ALL LEVELS
0920	VINYASA (HOT) 60 INTERMEDIATE		
0940			MEDITATION 20
1000		BARRE 40 ALL LEVELS	
1020			PILATES 60 ALL LEVELS
1130			PILATES 60 ALL LEVELS
1140		PILATES 60 ALL LEVELS	
1220	VINYASA (HOT) 40 ALL LEVELS		
1300			WORKSHOP: ASHTANGA 90 ALL LEVELS
1340		MANDALA 60 ALL LEVELS	
1500		ROCKET 80 (HOT) ALL LEVELS	
1640			YIN & SOUND BOWL 80 ALL LEVELS
1700	YIN YOGA 80 ALL LEVELS		