

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							
1220	LIFT 40	ENGINE 40	LIFT 40	ENGINE 40	LIFT 40		
1300						WOMEN'S WEIGHTLIFT	
1800	LIFT 60		LIFT 60				
1820		ENGINE 60		ENGINE 60	LIFT 60		
1900			LIFT 60				
1920	WOMEN'S WEIGHTLIFT	ENGINE 40		ENGINE 40			

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							
0900						META 80	META 80
0940	LIFT 60	ENGINE 40	LIFT 60	ENGINE 40	LIFT 60		
1100						ENGINE 40	ENGINE 40
1200							
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		ENGINE 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				
0920		RIDE TO THE BEAT 40			RIDE TO THE BEAT 40		
1020							RIDE TO THE BEAT 40
1040						RIDE TO THE BEAT 40	
1800	RIDE TO THE BEAT 40		RIDE TO THE BEAT 40	RIDE TO THE BEAT 40			
1820		RIDE TO THE BEAT 40					
1930							

REFORM STUDIO

F O R E S T
H O U S E

	MON	TUES	WED	THURS	FRI
0600	POWER HOUR		POWER HOUR		POWER HOUR
0730		POWER HOUR		POWER HOUR	
0930		POWER HOUR		POWER HOUR	STRETCH & SCULPT
1000	POWER HOUR		STRETCH & SCULPT		
1030		STRETCH & SCULPT		STRETCH & SCULPT	POWER HOUR
1100			POWER HOUR		
1200	STRETCH & SCULPT		STRETCH & SCULPT		STRETCH & SCULPT
1230		POWER HOUR		STRETCH & SCULPT	
1330	STRETCH & SCULPT				POWER HOUR
1430					POWER HOUR
1700			POWER HOUR		
1730		FUNDAMENTALS			
1800	POWER HOUR		STRETCH & SCULPT	FUNDAMENTALS	RETRO
1830		STRETCH & SCULPT			
1900	STRETCH & SCULPT			STRETCH & SCULPT	
1930					
2000			POWER HOUR	POWER HOUR	

REFORM STUDIO – WEEKEND

F O R E S T
H O U S E

	SAT	SUN
0900		REFORMER: RETRO
0930		
1000		POWER HOUR
1030	POWER HOUR	
1100		STRETCH & SCULPT
1130	STRETCH & SCULPT	
1200		
1230	STRETCH & SCULPT	
1300		
1330		

FLOW STUDIO

F O R E S T
H O U S E

	MON	TUES	WED	THURS
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	VINYASA 60 INTERMEDIATE
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		
0800		ROCKET 80 ALL LEVELS	
0840			FLOW (HOT) 60 ALL LEVELS
0920	VINYASA (HOT) 60 INTERMEDIATE	BARRE 40 ALL LEVELS	
0940			MEDITATION 20
1010		HOT HIIT PILATES 40 ALL LEVELS	
1020			PILATES 60 ALL LEVELS
1130			PILATES 60 ALL LEVELS
1130		PILATES 60 ALL LEVELS	
1220	VINYASA (HOT) 40 ALL LEVELS		
1230		VINYASA 80 ALL LEVELS	
1300			WORKSHOP: ASHTANGA 90 ALL LEVELS
1340		MANDALA 60 ALL LEVELS	
1640			YIN & SOUND BOWL 80 ALL LEVELS
1700	YINYANG YOGA 80 ALL LEVELS		