

FUNCTIONAL STUDIO

F O R E S T
H O U S E

THE FUNCTIONAL STUDIO HAS A CAPTIVATING ENERGETIC CHARGE TO MATCH THE POWERFUL INTENSITY OF OUR SESSIONS AND VIBRANT COMMUNITY OF LIKE-MINDED FITNESS FANATICS. THESE SESSIONS FOLLOW A PERIODIZED TRAINING PROGRAM IN A GROUP SETTING TO ENSURE YOU ARE ALWAYS IMPROVING PERFORMANCE ACROSS ALL PILLARS OF FITNESS. TEST YOUR INNER STRENGTH AND RESILIENCE THROUGH OUR LIFT PROGRAM AND FIRE UP YOUR FUNCTIONAL TRAINING IN OUR ENGINE & SWEATCON SESSIONS.

MONDAY

06:00	LIFT 60	SOPHIA
07:00	LIFT 45	SOPHIA
09:30	LIFT 60	SOPHIA
12:30	LIFT 45	SOPHIA
15:00	LEGENDS 45	OLIVIA
17:30	LIFT 45	OLIVIA
18:20	LIFT 60	OLIVIA
19:30	WOMENSLIFT 60	OLIVIA

TUESDAY

06:00	ENGINE 60	SOPHIA
07:00	ENGINE 40	SOPHIA
08:00	ENGINE 40	SOPHIA
09:30	ENGINE 40	SOPHIA
12:30	ENGINE 40	SOPHIA
17:30	ENGINE 40	LOTTE
18:20	ENGINE 60	LOTTE
19:30	ENGINE 40	LOTTE

WEDNESDAY

06:00	LIFT 60	ISH
07:00	LIFT 45	ISH
09:30	LIFT 60	ISH
12:30	LIFT 45	ISH
15:00	LEGENDS 45	SOPHIA
17:30	LIFT 45	SOPHIA
18:20	LIFT 60	SOPHIA
19:30	LIFT 60	SOPHIA

THURSDAY

06:00	ENGINE 60	LOTTE
07:00	ENGINE 40	LOTTE
08:00	ENGINE 40	LOTTE
09:30	ENGINE 40	LOTTE
12:30	ENGINE 40	LOTTE
17:30	ENGINE 40	OLIVIA
18:20	ENGINE 60	OLIVIA
19:30	ENGINE 40	OLIVIA

FRIDAY

06:00	LIFT 60	SOPHIA
07:00	LIFT 45	SOPHIA
09:30	LIFT 60	SOPHIA
12:30	LIFT 45	SOPHIA
15:00	LEGENDS 45	LOTTE
17:30	LIFT 45	LOTTE
18:30	LIFT 60	LOTTE

SATURDAY

09:00	META 80	ISH
11:00	META 80	ISH
12:40	ENGINE 40	ISH

SUNDAY

08:30	SWEATCON 40	OLIVIA
09:15	SWEATCON 40	OLIVIA
10:00	SWEATCON 40	OLIVIA
12:00	WOMENS 40	OLIVIA

FLOW STUDIO

FOREST
HOUSE

OUR FLOW STUDIO CAN GROUND & NOURISH YOU THROUGH OUR YOGA, BREATHWORK & MEDITATIONS AS WELL AS ENERGIZE AND UPLIFT YOU THROUGH HOT YOGA, HIIT PILATES & BARRE SESSIONS.

MONDAY

07:30	ASHTANGA 60	FIONA
09:20	VINYASYA (HOT) 60	CHARLI
10:20	HIIT PILATES (HOT) 40	CLARE
12:20	PILATES 60	NICOLE
13:20	BARRE 40	NICOLE
17:00	PILATES 60	LAUREN
18:00	BARRE 60	BELLE
19:20	VINYASA HOT 60	LUCY

TUESDAY

06:00	ADV PILATES 60	LAUREN
09:20	HATHA 60	MARY
10:45	PILATES 60	SARAH
12:20	YOGA CORE 60	FIONA
15:00	BARRE 60	BELLE
17:30	POWER YOGA 60	VIX
18:40	VINYASA 60	VIX
19:50	SOUND BOWL 60	VIX

WEDNESDAY

06:20	POWERYOGA(HOT)60	SOPHIA
08:30	ADV PILATES 40	NICOLE
09:20	BARRE 60	NICOLE
10:40	ROCKET 60	VIX
12:20	SLOW FLOW 40	VIX
14:30	HATHA 60	FIONA
17:40	VINYASA 60	MARY
19:00	BARRE 40	CLARE
19:40	HIIT PILATES 40	CLARE
20:20	ZEN 40	CLARE

THURSDAY

09:20	FLOW 60	ANNABEL
10:40	BARRE 60	JAIME
11:20	PILATES 60	JAIME
13:00	VINYASA(HOT)60	DIMPLE
14:00	OPEN (HOT)120	SELF LED
17:30	DANCE 60	JAS
18:40	DHARMA 60	NADINE
19:50	PILATES 60	AMY

FRIDAY

07:00	VINYASA 60	BELLE
08:30	PILATES 40	JAIME
09:20	VINYASA(HOT) 60	LUCY
12:20	HIIT PILATES(HOT)	CLARE
13:10	FLOW (HOT)40	CLARE
17:20	MANDALA YOGA60	SOPHIA
18:30	SOUND BOWL40	SOPHIA

SATURDAY

08:00	VINYASA 60	FIONA
09:00	CORE 40	BELLE
09:40	BARRE 40	BELLE
10:30	PILATES 60	LAUREN
11:30	PILATES 60	SARAH
16:00	VINYASA(HOT)60	INDU
17:00	SOUND BOWL 60	INDU

SUNDAY

08:00	ROCKET (HOT) 60	DIMPLE
10:20	PILATES 60	AMY
11:30	PILATES 60	AMY
13:00	ATHLETE YOGA 60	FIONA
16:40	YIN/SOUND 80	SOPHIA

HIIT STUDIO

F O R E S T
H O U S E

FOREST HOUSE'S NEXT-LEVEL INTERVAL TRAINING IS HERE! GET READY FOR THE ULTIMATE CALORIE-BURNING, HIGH-ENERGY WORKOUT IN OUR STATE-OF-THE-ART HIIT STUDIO. EACH SESSION IS DESIGNED TO CHALLENGE YOUR LIMITS AND KEEP YOUR ENERGY SKY-HIGH. YOU'LL TACKLE 8 INTENSE MINUTES AT EACH OF OUR THREE STATIONS: SPRINT IT OUT ON THE BIKES, BUILD STRENGTH ON THE WEIGHT FLOOR, AND UNLEASH YOUR POWER ON THE BOXING BAGS. WITH WORKOUTS CRAFTED TO TORCH CALORIES AND BOOST STRENGTH, PAIRED WITH A VIBRANT ATMOSPHERE AND MOTIVATING COACHES, YOU'LL FEEL THE ELECTRIFYING ENERGY DRIVE YOU TO CRUSH EVERY GOAL!

MONDAY

06:00	TRIBE 40	USHMA
06:45	RIDE 40	USHMA
09:40	TRIBE 40	GREG
17:00	TRIBE 40	BELLE
18:00	RIDE 40	SHOLEE
18:45	TRIBE 40	SHOLEE
19:30	TRIBE 40	KEVIN

TUESDAY

06:20	RIDE 40	ANGELA
09:30	TRIBE 40	AMY
12:00	TRIBE 40	SARAH
18:30	TRIBE 40	GREG
19:15	RIDE 40	GREG

WEDNESDAY

06:20	RIDE 40	KEVIN
07:00	TRIBE 40	KEVIN
12:30	TRIBE 40	AMY
18:00	TRIBE 40	SHOLEE
18:45	TRIBE 40	SHOLEE
19:15	RIDE 40	SHOLEE

THURSDAY

06:00	TRIBE 40	KEVIN
09:20	BOX 40	KEVIN
10:00	RIDE 40	KEVIN
12:30	TRIBE 40	AMY
18:30	RIDE 40	GREG
19:15	TRIBE 40	GREG

FRIDAY

06:15	RIDE 40	ANG
08:30	TRIBE 40	AMY
08:30	BOX 60	KEVIN
09:30	RIDE 40	KEVIN
12:30	TRIBE 40	SAM

SATURDAY

08:00	TRIBE 40	BELLE
11:30	TRIBE 40	TONY
12:30	TRIBE 40	SARAH / TONY

SUNDAY

09:30	TRIBE 40	TONY
10:15	RIDE 40	TONY
11:00	RIDE 40	TONY

REFORMER STUDIO

F O R E S T
H O U S E

THE 8 BED REFORMER PILATES SESSIONS WILL STRENGTHEN AND TONE YOUR ENTIRE BODY GIVING YOU IMPROVED FLEXIBILITY AND POSTURE, POWER & TRAMPOLINE CLASSES ARE ALSO DESIGNED TO IMPROVE YOUR FITNESS & ENDURANCE. A REDUCTION IN INJURY AND A DEEP-ROOTED SENSE OF BOTH PHYSICAL AND MENTAL COMPOSURE WILL ALSO BE FOUND

MONDAY

09:30	POWER	OLIVIA
10:30	LIGHT	OLIVIA
11:30	POWER	OLIVIA
13:30	POWER	KELLY
18:00	POWER	LAUREN
19:00	POWER	LAUREN
20:00	POWER	LAUREN

TUESDAY

06:30	POWER	JAIME
07:30	POWER	JAIME
09:30	SCULPT	JAIME
10:30	SCULPT	JAIME
12:30	POWER	JAIME
17:30	LIGHT	MAGDA
18:30	SCULPT	MAGDA

WEDNESDAY

07:00	POWER	OLIVIA
08:00	POWER	OLIVIA
10:00	SCULPT	LAURA
11:00	POWER	LAURA
12:00	LIGHT	LAURA
17:00	LIGHT	KELLY
18:00	POWER	KELLY
20:00	POWER	ISH

THURSDAY

09:30	SCULPT	SARAH
10:30	SCULPT	SARAH
12:30	SCULPT	JAIME
19:00	SCULPT	MAGDA
20:00	LIGHT	MAGDA

FRIDAY

07:30	POWER	JAIME
09:30	POWER	JAIME
10:30	LIGHT	KELLY
11:30	POWER	KELLY
13:30	LIGHT	ISH
14:30	POWER	ISH

SATURDAY

09:30	SWEAT	KELLY
10:30	SWEAT	KELLY
11:30	SWEAT	LAUREN/SARAH
12:30	SWEAT	LAUREN/SARAH

SUNDAY

09:00	SOULFULL	LAUREN/SARAH
10:00	SOULFULL	LAUREN/SARAH
11:00	SOULFULL	LAUREN/SARAH