

BY THE BAY GROUPX STUDIO

December 2018

Club Hours

Mon-Fri: 7:00am - 7:00pm

Sat-Sun: Closed

HealthSPORT.com



MONDAY

Pilates Mat	12:00-12:50pm	Melanie
Vinyasa Flow	5:30-6:50pm	Christine

TUESDAY

Lite Strength	10:30-11:20am	Jodi
Strength & Cond.	5:30-6:20pm	Shannon

WEDNESDAY

Pilates Mat	12:00-12:50pm	Melanie
Vinyasa Flow	5:30-6:50pm	Christine

THURSDAY

Lite Strength	10:30-11:20am	Jodi
RESERVED	1:00-2:00pm	

FRIDAY

Pilates Mat	12:00-12:50pm	Shannon
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SATURDAY

Club Closed

SUNDAY

Club Closed

HealthSPORT

411 First Street in Old Town Eureka • (707) 268.8220

