



MONDAY

Reformer (\$)	7:30-8:20am	Eureka	Stephanie P.
Reformer (\$)	8:30-9:20am	By the Bay	Janice
Reformer (\$)	8:30-9:20am	Eureka	Stephanie P.
Reformer (\$)	9:00-9:50am	Arcata	Jason
Reformer (\$)	9:00-9:50am	Fortuna	Aimee
Pilates Mat	10:00-10:50am	Fortuna	Aimee
Pilates Mat	10:00-10:50am	McKinleyville	Ginger
Pilates Mat	12-12:50pm	By the Bay	Melanie
Reformer (\$)	5:30-6:20pm	By the Bay	Stephanie P.
Pilates Mat	7:00-7:50pm	Arcata	Jason

TUESDAY

Fundamental Mat	8:00-8:50am	Arcata	Jason
Pilates Mat	8:30-9:20am	Eureka	Aimee
Pilates Mat	9:00-9:50am	Arcata	Jason
Reformer (\$)	12-12:50pm	Arcata	Kerri
Pilates Mat	4:30-5:20pm	Arcata	Traci E.
Reformer (\$)	5:30-6:20pm	Fortuna	Aimee
Reformer (\$)	5:30-6:20pm	By the Bay	Elaine

WEDNESDAY

Reformer (\$)	7:30-8:20am	Eureka	Stephanie P.
Reformer (\$)	8:30-9:20am	Eureka	Stephanie P.
Reformer (\$)	9:00-9:50am	Arcata	Jason
Reformer (\$)	9:00-9:50am	Fortuna	Aimee
Pilates Mat	10:00-10:50am	McKinleyville	Ginger
Pilates Mat	12-12:50pm	By the Bay	Melanie
Reformer (\$)	12-12:50pm	Arcata	Roshan
Reformer (\$)	5:30-6:20pm	By the Bay	Stephanie P.
Pilates Mat	7:30-8:20pm	Arcata	Jason

THURSDAY

Fundamental Mat	8:00-8:50am	Arcata	Jason
Pilates Mat	8:30-9:20am	Eureka	Aimee
Pilates Mat	9:00-9:50am	Arcata	Jason
Reformer (\$)	12-12:50pm	Arcata	Kerri
Pilates Mat	4:30-5:20pm	Arcata	Traci E.
Reformer (\$)	5:30-6:20pm	By the Bay	Elaine
Reformer (\$)	5:30-6:20pm	Fortuna	Aimee

FRIDAY

Reformer (\$)	6:00-6:50am	Arcata	Kerri
Reformer (\$)	8:30-9:20am	By the Bay	Janice
Pilates Mat	10:00-10:50am	Fortuna	Aimee
Pilates Mat	12-12:50pm	By the Bay	Shannon

SATURDAY

Pilates Mat	10:00-10:50am	Arcata	Jandy
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Arcata

300 Martin Luther King Jr. Way
Arcata CA 95521
(707) 822.3488

By the Bay

411 First Street
Eureka CA 95501
(707) 268.8220

Eureka

3441 Pennsylvania Ave.
Eureka CA 95501
(707) 443.3488

Fortuna

1023 Main Street
Fortuna CA 95540
(707) 725.9484

McKinleyville

1500 Anna Sparks Way
McKinleyville CA 95519
(707) 839.9800