

# BY THE BAY GROUPX STUDIO

January 2019

## 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	Sydney
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	Sydney
RESERVED	1:00-2:00pm	
Dance Fusion	5:30-6:20pm	Stefani

## FRIDAY

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

Club Closed

## SUNDAY

Club Closed

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

