



MONDAY

| | | | |
|---------------|---------------|---------------|--------------|
| Reformer (\$) | 6:30-7:20am | Eureka | Jodi |
| 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 |
| Reformer (\$) | 12-12:50pm | Arcata | Stephanie |
| Pilates Mat | 12-12:50pm | By the Bay | Melanie |
| Reformer (\$) | 5:30-6:20pm | By the Bay | Roshan |
| 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 |
| Jumpboard (\$) | 12-12:50pm | Arcata | Kerri |
| Jumpboard / Core (\$) | 12-12:50pm | By the Bay | Jodi |
| 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 |

WEDNESDAY

| | | | |
|---------------|-------------|--------|--------------|
| Reformer (\$) | 6:30-7:20am | Eureka | Jodi |
| Reformer (\$) | 7:30-8:20am | Eureka | Stephanie P. |
| Reformer (\$) | 8:30-9:20am | Eureka | Stephanie P. |

WEDNESDAY CONTINUED

| | | | |
|---------------|---------------|---------------|-----------|
| Reformer (\$) | 9:00-9:50am | Arcata | Jason |
| Reformer (\$) | 9:00-9:50am | Fortuna | Aimee |
| Pilates Mat | 10:00-10:50am | McKinleyville | Ginger |
| Reformer (\$) | 10-10:50am | Fortuna | Elaine |
| Pilates Mat | 12-12:50pm | By the Bay | Melanie |
| Reformer (\$) | 12-12:50pm | Arcata | Stephanie |
| Reformer (\$) | 5:30-6:20pm | By the Bay | Roshan |
| 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 |
| Jumpboard (\$) | 12-12:50pm | Arcata | Kerri |
| Jumpboard / Core (\$) | 12-12:50pm | By the Bay | Jodi |
| 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 | Jodi |
| Pilates Mat | 10:00-10:50am | Fortuna | Aimee |
| Reformer (\$) | 10:00-10:50am | Fortuna | Elaine |
| Pilates Mat | 12-12:50pm | By the Bay | Shannon |

SATURDAY

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

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