

BY THE BAY GROUPX STUDIO

March 2020

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	Laura
 ZUMBA	5:30-6:20pm	Tigger

WEDNESDAY

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

THURSDAY

Lite Strength	10:30-11:20am	Sydney
 ZUMBA	5:30-6:20pm	Stefani

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

