

# FORTUNA GROUPX STUDIO

March 2020

## Club Hours

Mon-Fri 5:00am - 9:00pm  
Sat-Sun 8:00am - 6:00pm  
HealthSPORT.com


## Jungle Gym Hours

Mon-Fri 8:45am - 12:00pm

## MONDAY

Silver Sneakers	10:00-10:50am	Laura
Barre	11:00-11:50am	Ashley T.
Vinyasa Flow	5:30-6:20pm	Karla

## TUESDAY

Strength & Cond.	5:30-6:20am	Susan
Vinyasa Flow	10:30-11:50am	Barbara
 ZUMBA	6:00-6:50pm	Monica

## WEDNESDAY

Silver Sneakers	10:00-10:50am	Amanda
Pilates Mat	11:00-11:50am	Diann
Vinyasa Flow	5:30-6:20pm	Heather

## THURSDAY

Strength & Cond.	5:30-6:20am	Susan
Vinyasa Flow	10:30-11:50am	Barbara

## FRIDAY

Silver Sneakers	10:00-10:50am	Amanda
Barre	11:00-11:50am	Diann

## SATURDAY

Strength & Cond.	8:30-9:20am	Beth
Vinyasa Flow	10:30-11:50am	Barbara

## SUNDAY

No Classes

**HealthSPORT**

1023 Main Street • (707) 725.9484



# FORTUNA CYCLING STUDIO

March 2020

## Club Hours

Mon-Fri 5:00am - 9:00pm  
Sat-Sun 8:00am - 6:00pm  
HealthSPORT.com

## Jungle Gym Hours

Mon-Fri 8:45am - 12:00pm

## MONDAY

Cycling	9:00-9:50am	Delana
Cycle Strength	5:30-6:20pm	Bekah

## TUESDAY

Cycling	6:00-6:50pm	Beth
---------	-------------	------

## WEDNESDAY

Cycling	9:00-9:50am	Delana
Cycle Strength	5:30-6:20pm	Bekah

## THURSDAY

Cycle Strength	6:00-6:50pm	Beth
----------------	-------------	------

## FRIDAY

No Classes

## SATURDAY

No Classes

## SUNDAY

No Classes

**HealthSPORT**

1023 Main Street • (707) 725.9484

