



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
Pilates Mat	10:00-10:50am	McKinleyville	Ginger
Reformer (\$)	12:00-12:50am	Arcata	Stephanie P.
Pilates Mat	12:00-12:50pm	By the Bay	Melanie
Pilates Mat	4:30-5:20pm	Eureka	Ginger
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	Denise
Pilates Mat	9:00-9:50am	Arcata	Jason
Jumpboard (\$)	12:00-12:50pm	Arcata	Kerri
Jumpboard / Core (\$)	12:00-12:50pm	By the Bay	Sydney
Pilates Mat	4:30-5:20pm	Arcata	Miho
Reformer (\$)	5:30-6:20pm	By the Bay	Jason

WEDNESDAY

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

WEDNESDAY CONTINUED

Pilates Mat	10:00-10:50am	McKinleyville	Ginger
Pilates Mat	11:00-11:50am	Fortuna	Diann
Reformer (\$)	12:00-12:50pm	Arcata	Stephanie P.
Pilates Mat	12:00-12:50pm	By the Bay	Melanie
Pilates Mat	4:30-5:20pm	Eureka	Ginger
Reformer (\$)	5:30-6:20pm	By the Bay	Roshan

THURSDAY

Fundamental Mat	8:00-8:50am	Arcata	Jason
Pilates Mat	8:30-9:20am	Eureka	Denise
Pilates Mat	9:00-9:50am	Arcata	Jason
Jumpboard (\$)	12:00-12:50pm	Arcata	Kerri
Jumpboard / Core (\$)	12:00-12:50pm	By the Bay	Sydney
Pilates Mat	4:30-5:20pm	Arcata	Miho
Reformer (\$)	5:30-6:20pm	By the Bay	Jason
Reformer (\$)	5:30-6:20pm	Arcata	Roshan

FRIDAY

Reformer (\$)	8:30-9:20am	By the Bay	Sydney
Reformer (\$)	9:00-9:50am	Arcata	Jason
Pilates Mat	12:00-12:50pm	By the Bay	Shannon

SATURDAY

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