



MONDAY

Pilates Mat	8:30-9:15am	Eureka	Denise
Reformer (\$)	9:00-9:45am	Arcata	Roshan
Reformer (\$)	9:00-9:45am	By the Bay	Janice

TUESDAY

Reformer (\$)	8:30-9:15am	Eureka	Stephanie
Jumpboard (\$)	12:00-12:45pm	By the Bay	Janice
Reformer (\$)	5:30-6:15pm	Arcata	Miho

WEDNESDAY

Pilates Mat	8:30-9:15am	Eureka	Denise
Reformer (\$)	9:00-9:45am	Arcata	Roshan
Reformer (\$)	9:00-9:45am	By the Bay	Janice

THURSDAY

Reformer (\$)	8:30-9:15am	Eureka	Stephanie
Jumpboard (\$)	12:00-12:45pm	By the Bay	Janice
Reformer (\$)	5:30-6:15pm	Arcata	Miho

FRIDAY

Reformer (\$)	9:00-9:45am	Arcata	Roshan
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