

EUREKA TRAINING & CLASSES

May 2021

Club Hours

Mon-Fri: 5:00am-8:00pm
Sat & Sun: 8:00am-1:00pm

MIND/BODY STUDIO

MONDAY

Pilates Mat	8:30-9:15am	Denise
Vinyasa Yoga Starts May 10	5:30-6:30pm	Christine

TUESDAY

Reformer (\$)	8:30-9:15am	Stephanie
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WEDNESDAY

Pilates Mat	8:30-9:15am	Denise
Hatha Yoga	9:30-10:30am	Francis
Vinyasa Yoga Starts May 10	5:30-6:30pm	Christine

THURSDAY

Reformer (\$)	8:30-9:15am	Stephanie
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FRIDAY

Visit www.ClubWEB.live

GROUPX & AQUA

MONDAY

C3 (\$)	4:30-5:15pm	Megan
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TUESDAY

Everyday Strength (\$)	11:00-11:45am	Casse
Aqua Bootcamp (\$)	12:00-12:45pm	Casse
HSPFit Kids (\$)	2:30-3:15pm	Jeremiah
7:10 (\$)	6:00-6:45pm	Jeremiah

WEDNESDAY

C3 (\$)	4:30-5:15pm	Megan
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THURSDAY

Everyday Strength (\$)	11:00-11:45am	Casse
Aqua Bootcamp (\$)	12:00-12:45pm	Casse
HSPFit Kids (\$)	2:30-3:15pm	Jeremiah
7:10 (\$)	6:00-6:45pm	Jeremiah

FRIDAY

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HealthSPORT

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