



## MONDAY

Pilates Mat	8:30-9:15am	Eureka	Denise
Reformer (\$)	9:00-9:45am	Arcata	Cheri
Reformer (\$)	9:00-9:45am	By the Bay	Janice
Jumpboard (\$)	5:30-6:15pm	Arcata	Cheri

## 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	Abra
Reformer (\$)	9:00-9:45am	By the Bay	Janice
Pilates Mat	10:00-10:45am	McKinleyville	Angie

## 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

Pilates Mat	8:00-8:45am	Arcata	Cheri
Reformer (\$)	9:00-9:45am	Arcata	Cheri

## SATURDAY

Pilates Barre Fusion	9:00-9:45am	Arcata	Cheri
Jumpboard (\$)	10:00-10:45am	Arcata	Cheri