

BY THE BAY GROUPX CLASSES

September 2021

Club Hours

Mon-Thurs: 8:00am-6:00pm

Fri: 8:00am-4:00pm

Sat-Sun: Closed

MONDAY

Everyday Strength (\$)	10:30-11:15am	Laura
C3 (\$)	4:30-5:15pm	Megan

TUESDAY

BOSU	4:30-5:15pm	Megan
Cycle Strength	5:30-6:15pm	Barbara

WEDNESDAY

Everyday Strength (\$)	10:30-11:15am	Laura
C3 (\$)	4:30-5:15pm	Megan

THURSDAY

BOSU	4:30-5:15pm	Megan
Cycle Strength	5:30-6:15pm	Barbara

FRIDAY

Visit www.ClubWEB.live

HealthSPORT

4111st Street in Old Town • (707) 268-8220

