

# EUREKA GROUPX CLASSES

September 2021

*Club Hours*

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

## FITNESS STUDIO

### MONDAY

Cycling	5:30-6:15am	Julie
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### TUESDAY

Everyday Strength (\$)	11:00-11:45am	Casse
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HS50 Training (\$)	6:00-6:50pm	Jeremiah
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### WEDNESDAY

Cycling	5:30-6:15am	Julie
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### THURSDAY

Everyday Strength (\$)	11:00-11:45am	Casse
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HS50 Training (\$)	6:00-6:50pm	Jeremiah
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### FRIDAY & SATURDAY

Visit [www.ClubWEB.live](http://www.ClubWEB.live)

## MIND/BODY STUDIO

### MONDAY

Vinyasa Yoga	5:30-6:30pm	Christine
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### TUESDAY

Pilates Mat	8:30-9:15am	Cheri
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Beginning Reformer (\$)	9:30-10:15am	Laura
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Zumba	5:30-6:15pm	Casse
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### WEDNESDAY

Hatha Yoga	9:30-10:30am	Francis
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Vinyasa Yoga	5:30-6:30pm	Christine
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### THURSDAY

Pilates Mat	8:30-9:15am	Cheri
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Beginning Reformer (\$)	9:30-10:15am	Laura
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Zumba	5:30-6:15pm	Casse
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### FRIDAY & SATURDAY

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**HealthSPORT**

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