



MONDAY

Intermediate Reformer (\$)	9:00-9:45am	Arcata	Cheri
All Levels Reformer (\$)	9:00-9:45am	By the Bay	Janice
Pilates Barre Fusion	10:15-11:00am	McKinleyville	Cheri
Pilates Mat <i>Starts 9/13</i>	4:30-5:15pm	Fortuna	Cheri
Reformer 101 (\$) <i>Starts 9/13</i>	5:30-6:15pm	By the Bay	Janice
All Levels Reformer (\$) <i>Starts 9/13</i>	5:30-6:15pm	Fortuna	Cheri

TUESDAY

Pilates Mat	8:30-9:15am	Eureka	Cheri
Intermediate Reformer (\$)	9:00-9:45am	Arcata	Stephanie
Beginning Reformer (\$)	9:30-10:15am	Eureka	Laura
Cardio Reformer (\$)	12-12:45pm	Arcata	Cheri
Jumpboard (\$)	12-12:45pm	By the Bay	Janice

WEDNESDAY

Beginning Reformer (\$)	9:00-9:45am	Arcata	Cheri
All Levels Reformer (\$)	9:00-9:45am	By the Bay	Janice
Pilates Mat	10:00-10:45am	McKinleyville	Angie
Pilates Mat <i>Starts 9/8</i>	4:30-5:15pm	Fortuna	Cheri
Reformer 101 (\$) <i>Starts 9/13</i>	5:30-6:15pm	By the Bay	Janice
All Levels Reformer (\$) <i>Starts 9/8</i>	5:30-6:15pm	Fortuna	Cheri

THURSDAY

Pilates Mat	8:30-9:15am	Eureka	Cheri
Intermediate Reformer (\$)	9:00-9:45am	Arcata	Stephanie
Beginning Reformer (\$)	9:30-10:15am	Eureka	Laura
Jumpboard (\$)	12-12:45pm	By the Bay	Sydney
Pilates Barre Fusion	5:30-6:15pm	Arcata	Cheri

FRIDAY

Intermediate Reformer (\$)	9:00-9:45am	Arcata	Cheri
All Levels Reformer (\$)	9:00-9:45am	By the Bay	Janice

SATURDAY

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