

BY THE BAY GROUPX CLASSES

Fall 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
HS50 Training (\$)	4:30-5:20pm	Megan

TUESDAY

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

WEDNESDAY

Everyday Strength (\$)	10:30-11:15am	Laura
HS50 Training (\$)	4:30-5:20pm	Megan

THURSDAY

Cycle Strength	4:30-5:15pm	Barbara
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FRIDAY, SATURDAY, & SUNDAY

Visit www.ClubWEB.live

HealthSPORT

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

