



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
All Levels Reformer (\$) <i>Starts 10/11</i>	5:30-6:15pm	By the Bay	Laura

TUESDAY

Pilates Mat	8:30-9:15am	Eureka	Cheri
Intermediate Reformer (\$)	9:00-9:45am	Arcata	Stephanie
Jumpboard (\$)	12-12:45pm	By the Bay	Janice
POP Pilates®	5:30-6:15pm	Arcata	Rebecca

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
All Levels Reformer (\$) <i>Starts 10/11</i>	5:30-6:15pm	By the Bay	Shannon

THURSDAY

POP Pilates®	8:30-9:15am	Eureka	Rebecca
Intermediate Reformer (\$)	9:00-9:45am	Arcata	Stephanie
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 Mat	9:00-9:45am	Arcata	Jandy
Cardio Reformer (\$)	10-10:45am	Arcata	Cheri