

BY THE BAY GROUP CLASSES

Winter 2022

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 (\$)	12:00-12:50pm	Laura
HS50 Training (\$)	4:30-5:20pm	Megan

TUESDAY

HS50 Training (\$)	12:00-12:50pm	Sydney
HS50 Training (\$)	4:30-5:20pm	Megan
Cycle Strength	5:30-6:15pm	Barbara
After Hours (\$) <i>Jan 11 - Feb 3</i>	6:00-6:50pm	Carter

WEDNESDAY

Everyday Strength	10:30-11:15am	Laura
HS50 Training (\$)	12:00-12:50pm	Laura
HS50 Training (\$)	4:30-5:20pm	Megan

THURSDAY

HS50 Training (\$)	12:00-12:50pm	Sydney
HS50 Training (\$)	4:30-5:20pm	Megan
Cycle Strength	5:30-6:15pm	Barbara
After Hours (\$) <i>Jan 11 - Feb 3</i>	6:00-6:50pm	Carter

FRIDAY

HS50 Training (\$)	12:00-12:50pm	Megan
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SATURDAY & SUNDAY

Visit www.ClubWEB.live

HealthSPORT

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

