

MONDAY

Intermediate Reformer (\$)	9:00-9:45am	Arcata	Cheri
All Levels Reformer (\$)	9:00-9:45am	By the Bay	Janice
Power CORE	10:00-10:30am	McKinleyville	Angie
Beginning Reformer (\$)	10:00-10:45am	Arcata	Cheri
Pilates Mat	10:00-10:45am	Eureka	Ginger
Pilates STRONG (\$) Starts 1/10	12:15-1:00pm	Arcata	Jamie
All Levels Reformer (\$)	5:30-6:15pm	By the Bay	Laura
Pilates Bootcamp (\$) Jan 24 - Mar 16	6:00-6:50pm	Fortuna	Bekah

TUESDAY

Pilates Mat	8:30-9:15am	Eureka	Cheri
Intermediate Reformer (\$)	9:00-9:45am	Arcata	Stephanie
BARRE Reformer (\$)	10:00-10:45am	Eureka	Ginger
Jumpboard (\$)	12:00-12:45pm	By the Bay	Janice
Pilates Mat Starts 2/8	12:15-1:00pm	Arcata	Jamie
Reformer 101 (\$) 1/25-2/17	5:30-6:15pm	Arcata	Janice

WEDNESDAY

Intermediate Reformer (\$)	9:00-9:45am	Arcata	Cheri
All Levels Reformer (\$)	9:00-9:45am	By the Bay	Janice
Beginning Reformer (\$)	10:00-10:45am	Arcata	Cheri
Pilates Mat	10:00-10:45am	McKinleyville	Angie
All Levels Reformer (\$)	5:30-6:15pm	By the Bay	Shannon
Pilates Bootcamp (\$) Jan 24 - Mar 16	6:00-6:50pm	Fortuna	Bekah

THURSDAY

Pilates Mat	8:30-9:15am	Eureka	Ginger
Intermediate Reformer (\$)	9:00-9:45am	Arcata	Stephanie
Jumpboard (\$)	12:00-12:45pm	By the Bay	Sydney
Pilates Mat Starts 2/10	12:15-1:00pm	Arcata	Jamie
Reformer 101 (\$) 1/25-2/17	5:30-6:15pm	Arcata	Janice

FRIDAY

Intermediate Reformer (\$)	9:00-9:45am	Arcata	Laura
All Levels Reformer (\$)	9:00-9:45am	By the Bay	Janice
BARRE Reformer (\$)	10:00-10:45am	Eureka	Ginger
Pilates STRONG (\$) Starts 1/14	12:15-1:00pm	Arcata	Jamie