

FORTUNA GROUP CLASSES

Spring 2022

Club Hours

Mon-Fri: 5:00am-11:00pm
Sat-Sun: 6:00am-11:00pm

MONDAY

HS50 Training (\$)	5:45am-6:30am	Bekah
HS50 Training (\$)	9:00am-9:50am	Amanda
HS50 Training (\$)	3:30pm-4:20pm	Kristen
HS50 Training (\$)	5:00-5:50pm	Kristen
Beach Bootcamp (\$) <i>April 18 - June 15</i>	5:30-6:20pm	Amanda
Pilates Bootcamp (\$) <i>March 21 - May 18</i>	6:15-7:00pm	Bekah

TUESDAY

Cycling	5:15-5:45am	Beth
HS50 Training (\$)	5:45am-6:30am	Beth
HS50 Training (\$)	9:00am-9:50am	Amanda
HS50 Training (\$)	3:30pm-4:20pm	Kristen
HS50 Training (\$)	5:00-5:50pm	Kristen
Dance Cardio	5:15-6:00pm	Krystle
Cycling	6:15-7:00pm	Selena
HS50 Training (\$)	6:15-7:05pm	Kristen

WEDNESDAY

HS50 Training (\$)	5:45am-6:30am	Bekah
HS50 Training (\$)	9:00am-9:50am	Amanda
Everyday Strength	10:00-10:45am	Amanda
HS50 Training (\$)	3:30pm-4:20pm	Kristen
HSP Mobility (\$)	4:30-4:55pm	Kristen
HS50 Training (\$)	5:00-5:50pm	Kristen
Beach Bootcamp (\$) <i>April 18 - June 15</i>	5:30-6:20pm	Amanda
Pilates Bootcamp (\$) <i>March 21 - May 18</i>	6:15-7:00pm	Bekah

THURSDAY

Cycling	5:15-5:45am	Beth
HS50 Training (\$)	5:45am-6:30am	Beth
HS50 Training (\$)	9:00am-9:50am	Kristen
HS50 Training (\$)	3:30pm-4:20pm	Kristen
HS50 Training (\$)	5:00-5:50pm	Kristen
Dance Cardio	5:15-6:00pm	Krystle
Cycling	6:15-7:00pm	Selena
HS50 Training (\$)	6:15-7:05pm	Kristen

FRIDAY

HS50 Training (\$)	9:00am-9:50am	Kristen
HS50 Training (\$)	3:30pm-4:20pm	Kristen
HS50 Training (\$)	5:00-5:50pm	Kristen
Friday Night Lights (\$) <i>Every 3rd Friday of the month</i>	6:00-6:45pm	Bekah, Selena, & Beth

SATURDAY & SUNDAY

Visit www.ClubWEB.live

*** Booking classes to reserve a spot is recommended**

HealthSPORT

1023 Main Street • (707) 725-9484

