

FORTUNA GROUP CLASSES

Summer 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>May 23 - July 20</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 |
| Vinyasa Flow | 10:00-11:00am | Wendy |
| HS50 Training (\$) | 3:30pm-4:20pm | Kristen |
| HS50 Training (\$) | 5:00-5:50pm | Kristen |
| 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>May 23 - July 20</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 |
| Vinyasa Flow | 10:00-11:00am | Wendy |
| HS50 Training (\$) | 3:30pm-4:20pm | Kristen |
| HS50 Training (\$) | 5:00-5:50pm | Kristen |
| 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

