

FORTUNA GROUP CLASSES

Fall 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
Pilates Bootcamp (\$) <i>August 1st - September 26th</i>	6:15-7:05pm	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
Yogalates	4:30-5:20pm	Ginger
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	Beth
HS50 Training (\$)	9:00am-9:50am	Amanda
Everyday Strength	10:00-10:45am	Amanda
HS50 Training (\$)	3:30pm-4:20pm	Kristen
HS50 Training (\$)	5:00-5:50pm	Kristen
Pilates Bootcamp (\$) <i>August 1st - September 26th</i>	6:15-7:05pm	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
Yogalates	4:30-5:20pm	Ginger
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

SATURDAY & SUNDAY

Visit www.ClubWEB.live

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

HealthSPORT

1023 Main Street • (707) 725-9484

