



MONDAY

Reformer (\$)	8:00-8:45am	Arcata	Roshan
Reformer (\$)	9:00-9:45am	By the Bay	Janice
Pilates Mat	9:00-9:45am	Eureka	Ginger
Power CORE	10:00-10:30am	McKinleyville	Angie
Reformer (\$)	10:00-10:45am	Arcata	Jamie
Cardio Reformer (\$)	11:00-11:45am	Arcata	Jamie
Reformer (\$)	5:30-6:15pm	By the Bay	Laura
Fundamental Mat (\$) <i>Oct 3. - Nov 2</i>	5:30-6:20pm	By the Bay	Janice
Core Camp (\$) <i>Oct. 10 - Dec. 27</i>	6:15-7:05pm	Fortuna	Denise

TUESDAY

Pilates Mat	8:30-9:15am	Eureka	Ginger
Athletic Reformer (\$)	9:00-9:45am	Arcata	Stephanie
Power Reformer (\$) <i>Oct. 4 - Nov. 1</i>	9:00-9:45am	McKinleyville	Angie
BARRE Reformer (\$)	11:00-11:45am	Arcata	Stephanie
Cardio Reformer (\$)	12:00-12:45pm	By the Bay	Janice
Pilates Mat	12:15-1:00pm	Arcata	Jamie
Pilates for Sleek Physique (\$) <i>Oct. 4 - Nov. 3</i>	4:30-5:20pm	Eureka	Ginger
Fundamental Reformer (\$) <i>Oct 4. - Nov 3</i>	5:30-6:15pm	Arcata	Roshan

WEDNESDAY

Reformer (\$)	8:00-8:45am	Arcata	Roshan
Reformer (\$)	9:00-9:45am	By the Bay	Janice
Reformer (\$)	10:00-10:45am	Arcata	Jamie
Pilates Mat	10:00-10:45am	McKinleyville	Angie
Reformer (\$)	5:30-6:15pm	By the Bay	Laura
Fundamental Mat (\$) <i>Oct 3. - Nov 2</i>	5:30-6:20pm	By the Bay	Janice
Core Camp (\$) <i>Oct. 10 - Dec. 27</i>	6:15-7:05pm	Fortuna	Denise

THURSDAY

Pilates Mat	8:30-9:15am	Eureka	Ginger
Athletic Reformer (\$)	9:00-9:45am	Arcata	Stephanie
Booty Burn (\$)	11:00-11:45am	Arcata	Jamie
Cardio Reformer (\$)	12:00-12:45pm	By the Bay	Janice
Pilates Mat	12:15-1:00pm	Arcata	Jamie
Reformer (\$)	4:30-5:15pm	McKinleyville	Angie
Pilates for Sleek Physique (\$) <i>Oct. 4 - Nov. 3</i>	4:30-5:20pm	Eureka	Ginger
Fundamental Reformer (\$) <i>Oct 4. - Nov 3</i>	5:30-6:15pm	Arcata	Roshan

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



FRIDAY

Pilates Barre Fusion	9:00-9:45am	Arcata	Ellie
Reformer (\$)	9:00-9:45am	Arcata	Laura
Reformer (\$)	9:00-9:45am	By the Bay	Janice
Pilates Barre Fusion	9:00-9:45am	Eureka	Ginger

SATURDAY

Pilates Mat	9:00-9:45am	Arcata	Jandy
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*** Booking classes to reserve a spot is recommended**

Arcata
300 Martin Luther King Jr. Way
Arcata CA 95521
(707) 822.3488

By the Bay
411 First Street
Eureka CA 95501
(707) 268.8220

Eureka
3441 Pennsylvania Ave.
Eureka CA 95501
(707) 443.3488

Fortuna
1023 Main Street
Fortuna CA 95540
(707) 725.9484

McKinleyville
1500 Anna Sparks Way
McKinleyville CA 95519
(707) 839.9800