

FORTUNA GROUP CLASSES

Fall 2022

Club Hours

Mon-Sun: 5:00am-midnight

MONDAY

HS50 Training (\$)	5:45am-6:30am	Beth
HS50 Training (\$)	9:00am-9:50am	Amanda
HS50 Training (\$)	4:00pm-4:50pm	Kristen
HS50 Training (\$)	5:00pm-5:50pm	Kristen
Core Camp (\$) <i>October 10 - December 7</i>	6:00pm-7:00pm	Denise
Yoga All Levels <i>Starts October 10</i>	7:00pm-8:00pm	Denise

TUESDAY

Cycling	5:15am-5:45am	Beth
HS50 Training (\$)	5:45am-6:30am	Beth
HS50 Training (\$)	9:00am-9:50am	Amanda
Vinyasa Flow	10:00am-11:00am	Wendy
HS50 Training (\$)	4:00pm-4:50pm	Kristen
HS50 Training (\$)	5:00pm-5:50pm	Kristen
Cycling	6:15pm-7:00pm	Selena
HS50 Training (\$)	6:15pm-7:05pm	Kristen

WEDNESDAY

HS50 Training (\$)	5:45am-6:30am	Beth
HS50 Training (\$)	9:00am-9:50am	Amanda
Everyday Strength	10:00am-10:45am	Amanda
HS50 Training (\$)	4:00pm-4:50pm	Kristen
HS50 Training (\$)	5:00pm-5:50pm	Kristen
Core Camp (\$) <i>October 10 - December 7</i>	6:00pm-7:00pm	Denise
Yoga All Levels <i>Starts October 10</i>	7:00pm-8:00pm	Denise

THURSDAY

Cycling	5:15am-5:45am	Beth
HS50 Training (\$)	5:45am-6:30am	Beth
HS50 Training (\$)	9:00am-9:50am	Kristen
Vinyasa Flow	10:00am-11:00am	Wendy
HS50 Training (\$)	4:00pm-4:50pm	Kristen
HS50 Training (\$)	5:00pm-5:50pm	Kristen
Cycling	6:15pm-7:00pm	Selena
HS50 Training (\$)	6:15pm-7:05pm	Kristen

FRIDAY

HS50 Training (\$)	9:00am-9:50am	Kristen
HS50 Training (\$)	4:00pm-4:50pm	Kristen

SATURDAY & SUNDAY

Visit www.ClubWEB.live

* Booking classes to reserve a spot is recommended

HealthSPORT

1023 Main Street • (707) 725-9484

