

BY THE BAY GROUP CLASSES

March 2023

Club Hours

Mon-Thurs: 8:00am-6:00pm

Fri: 8:00am-4:00pm

Sat & Sun: Closed

MONDAY

Training Studio (\$)

HS50 Team Training (\$) <i>Metabolic Mashup</i>	12:00pm-12:50pm	Sydney
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Pilates Studio (\$)

Small Group Training (SGT) (\$) Reformer	9:00am-9:50am	Janice
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Small Group Training (SGT) (\$) Reformer	5:30pm-6:20pm	Laura
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GroupX Studio

Yoga With Ease Workshop (\$) <i>Feb 27 - Mar 29</i>	5:30pm-6:30pm	Janine
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TUESDAY

Training Studio (\$)

Small Group Training (SGT) (\$) <i>After Hours</i>	5:30pm-6:20pm	Eli
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Pilates Studio (\$)

Small Group Training (SGT) (\$) Cardio Reformer	12:00pm-12:50pm	Janice
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GroupX Studio

Small Group Training (SGT) (\$) Barre	4:30pm-5:20pm	Denise
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WEDNESDAY

Training Studio (\$)

HS50 Team Training (\$) <i>Shockwave</i>	12:00pm-12:50pm	Sydney
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Pilates Studio (\$)

Small Group Training (SGT) (\$) Reformer	9:00am-9:50am	Janice
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Small Group Training (SGT) (\$) Reformer	5:30pm-6:20pm	Laura
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GroupX Studio

Yoga With Ease Workshop (\$) <i>Feb 27 - Mar 29</i>	5:30pm-6:30pm	Janine
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THURSDAY

Training Studio (\$)

Small Group Training (SGT) (\$) <i>After Hours</i>	5:30pm-6:20pm	Eli
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Pilates Studio (\$)

Small Group Training (SGT) (\$) Cardio Reformer	12:00pm-12:50pm	Janice
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GroupX Studio

Small Group Training (SGT) (\$) Barre	4:30pm-5:20pm	Denise
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FRIDAY

Training Studio (\$)

HS50 Team Training (\$) <i>AMRAP</i>	12:00pm-12:50pm	Sydney
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Pilates Studio (\$)

Small Group Training (SGT) (\$) Reformer	9:00am-9:50am	Janice
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***Booking classes to reserve a spot is recommended**

HealthSPORT

411 First Street in Old Town • (707) 268-8220

