

# HSAIalign - MIND BODY Studio

September 2023

*Club Hours*

Mon-Sat: Open For Classes Only

Sun: Closed

## HSAIalign (\$)

MON	TUES	WED	THURS	FRI	SAT	SUN
9:00-9:50am Pilates Strength Diann						
	10:00-11:00am Vinyasa Diann	10:00-10:45am Everyday Strength Amanda <b>GroupX</b>	10:00-11:00am Vinyasa Wendy		10:00-11:00am Gentle Yoga Jensen	
	4:15-5:05pm Dance Strong Ages 9-16 (\$) Sabriyya (Waitlist)		4:15-5:05pm Dance Strong Ages 9-16 (\$) Sabriyya (Waitlist)			
5:30-6:20pm Pilates Circuit Amber	5:15-6:05pm Dance Fit & Stretch Sabriyya	5:30-6:20pm Pilates Circuit Amber	5:15-6:05pm Dance Fit & Stretch Sabriyya		5:00-6:30PM September 9th & 23rd Sound Bath/ Yin Yoga (\$) Jensen	
6:30-7:20pm Pilates Fundamentals Amber	6:15-7:15pm Yoga for All Levels Jensen	6:30-7:20pm Pilates Fundamentals Amber	6:15-7:15pm Power Vinyasa Serena	6:15-7:15pm Yoga for All Levels Jensen	5:00-6:30pm Gentle Yoga/ Tuning Ball Clinic (\$) Serena	

\* Please bring your own mat

# HealthSPORT

1023 Main St. Fortuna, CA • (707) 725-9484

