

HSAIalign - MIND BODY Studio

November 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 GroupX	10:00-11:00am Vinyasa Wendy		10:00-11:00am Gentle Yoga Jensen	
5:30-6:20pm Sculpt & Stretch Serena	5:15-6:05pm Reformer Pamela	5:30-6:20pm Barre Sculpt Diann	5:15-6:05pm Reformer Pamela			
	6:30-7:30pm Yoga for All Levels Jensen	6:30-7:20pm Total Body Blitz Kristen	6:30-7:30pm Power Vinyasa Serena	6:15-7:15pm Yoga for All Levels Jensen		

* Please bring your own mat

HealthSPORT

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

