

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	530-630am STEP 2 IT (Jen)	6-7am LOFT R&R (Rachele)	530-630am STEP 2 IT (Jen)	6-7am LOFT R&R (Rachele)		
	830-930am LOFT R&R (Carli) 830-930am MULTI YOGA (Gabrielle)		830-930am LOFT R&R (Carli) 830-930am YOGA (Lexy)		830-930am LOFT R&R (Rachele)	
9-10am PILATES (Donna)		9-10am PILATES (Donna)		9-10am PILATES (Shannon)	9-10am YOGA (Lexy)	9-10am STEP INTERVAL (Donna)
	10-11am FUN & FIT (Jacquie)		10-11am FUN & FIT (Jacquie)			1030-1130am L2 YOGA (Tasha)
12-1230pm AB BLAST (Robyn)	12-1pm PILATES (Donna)	12-1230pm AB BLAST (Robyn)	12-1pm PILATES (Donna)	12-1pm POWER YOGA (Gabrielle)		12-130pm OPEN ICHIBO TENCHI DO (Gary) (\$)
1230-1pm ADVANCED STEP (Robyn)		1230-1pm ATHLETIC CARDIO (Robyn)				
430-530pm LOFT R&R (Teri)	430-525pm ZUMBA (Casse)	4-455pm KIDS ICHIBO TENCHI DO (Gary) (\$) 430-530pm LOFT R&R (Teri)	430-525pm ZUMBA (Casse)	4-455pm KIDS ICHIBO TENCHI DO (Gary) (\$)		
530-625pm STEP (Donna)	530-625pm RESTORATIVE YOGA (Kendra)	5-625pm ADULT ICHIBO TENCHI DO (Gary) (\$)	530-625pm RESTORATIVE YOGA (Kendra)	5-625pm ADULT ICHIBO TENCHI DO (Gary) (\$)		
630-745pm YOGA FUSION (Yemayah)	630-730pm STRENGTH & CONDITIONING (Kate)	630-730pm LOFT R&R (Josef) 630-730pm POWER YOGA (Gabrielle)	630-730pm STRENGTH & CONDITIONING (Kate)	630-730pm LOFT R&R (Josef)		
					KEY BOX: (\$) CONTACT ENROLLMENT REQUIRED or REGISTRATION / PAYMENT PER SESSION REQUIRED (see class descriptions) SHADED AREA (class location) LOFT (only)	

FYI:

CLOSED
Memorial
Day

Monday, May 28th

Visit our website: www.calcourtsfitness.com

BROADWAY: 518 W. Clark Street Eureka, CA. 95501 **(707) 445-5445**

Hours: M-F 5am-10pm / Sat 8am-8pm / Sun 8am-7pm

Childcare Hours: Mon-Sat 830-1130am / Mon-Thurs 430-730pm / Fri 430-630pm

ANNEX: 3909 Walnut Drive Cutten, CA. 95534 **(707) 445-5442**

Hours: M-F 5am-9pm / Sat 8am-7pm / Sun 8am-6pm

Childcare Hours: M-F 830-1130am