

Corte Madera:

Monday-Friday: 5am - 10pm

Saturday-Sunday: 7am - 8pm

Novato:

Monday-Friday: 5:30am - 9pm

Saturday-Sunday: 7am - 7pm

GROUP FITNESS CLASS SCHEDULE:

Corte Madera Schedule:

Monday

7:30am- Cycling with Lynnette (outdoor, no vaccine required)

8:30am- Yoga with Christa

Wednesday

9:30am- Yoga with Jude

Friday

7:30am- Cycling with Lynnette (outdoor, no vaccine required)

9:30am- Yoga with Jude

Novato Schedule:

Monday

9:30am Yoga with Daniel

5pm Pilates Mat with Rose

Tuesday

9am- Yoga with Sharlene

5pm- Five Points Cycle with Aruti

Wednesday

9:30am- Yoga with Daniel

5pm Pilates with Rose

Thursday

9am- Yoga with Sharlene

5pm- Five Points Cycle with Aruti