

Group Fitness Schedule

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | | |
|----------|---------------------------|------------------------------|-------------------------|-------------------------------|------------------------|---|--------------------------|--|--|
| 5:30 AM | Jeff | Ashley Tiffany | Jeff | Tiffany Marcy | Andrea Kate | | | | |
| 8:00 AM | Halee | Heidi | Halee | Halee | Halee | Andrea Agnes | Marcy | | |
| 9:00 AM | Tiffany Ashley | Kate Agnes | Kate | Tiffany Kate | Kate | Kate Andrea | Stephan Agnes | | |
| 10:00 AM | Agnes | Kate | Ashley | Kate | Kate | Kate/Ozzie | Stephan Agnes | | |
| 12:00 PM | Tiffany Diane | Tiffany | Emily Kate | Agnes | Diane | | | | |
| 4:30 PM | Kate | Agnes | Tiffany | Kate/Ozzie | Ashley | | | | |
| 5:30 PM | Kate Tiffany | Marcy/Tiff/Diane | Andy Diane | Chris/Jason/Diane | Ozzie | Club Hours Mon - Thur 5AM - 9PM Friday 5AM - 8PM Saturday 7AM - 5PM Sunday 8AM - 5PM | | | |
| 6:30 PM | Andy Ashley | Ashley Marcy | Chris Andrea | Heidi Rachel | | | | | |
| 7:30 PM | Ashley | | Marcy | | | | | | |
| | | | | | | (916) 782-8111 www.facebook.com/trufitness | | | |