

# Group Fitness Schedule

APRIL 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	 Jeff	 Kate  Andrea	 Tiffany  Ashley	 Jeff  Tiffany	 Andrea  Kate (75 min)		
6:30 AM		 Andrea (30 min)		 Tiffany (30 min)			
8:00 AM	 Halee		 Halee		 Agnes	 Marcy  Jeff	 Kate
9:00 AM	 Tiffany  Kate	 Heidi  Kate	 Kate  Agnes	 Ashley  Agnes	 Kate	 Kate  Heidi	 Marcy  Kate
10:00 AM	 Kate	 Ashley	 Ashley (30 min)	 Agnes	 Kate	 Ozzie  Kate	 Rose  Marcy
12:00 PM	 Emily  Diane	 Tiffany (45 min)	 Tiffany  Agnes	 Heidi	 Agnes  Diane		
4:30 PM	 Agnes	 Agnes	 Kate	 Ozzie	 Ashley/Linda		
5:30 PM	 Chris/Tiff/Agnes  	 Chris/Andy/Diane  	 Tiffany  Kate	 Chris/Halee/Diane  	 Ashley	 <b>Club Hours</b> Mon - Thur 5AM - 9PM Friday 5AM - 8PM Saturday 7AM - 5PM Sunday 8AM - 5PM	
6:30 PM	 Rose  Ashley (75 min)	 Ashley  Agnes	 Marcy  Ozzie	 Diane (30 min)  Andrea			
7:30 PM	 Ozzie	 Ashley (30 min)	 Marcy			(916) 782-8111 www.facebook.com/trufitness	