


MON thru THUR	FRIDAY	SAT & SUN
5:00AM -6:00AM	5:00AM -6:00AM	<i>Check Monthly Schedule</i>
<i>*6:00AM-6:30AM*</i> <i>*30minute cardio blaster*</i>	<i>*6:00AM-6:30AM*</i> <i>*30minute cardio blaster*</i>	
6:30AM-7:30AM	6:30AM-7:30AM	 <p>Fitness MD 9087 Foothills Blvd #700 Roseville, CA 95747 (916) 626-5507 www.fitnessmdonline.com</p>
8:00AM-9:00AM	8:00AM-9:00AM	
9:10AM-1010AM	9:10AM-1010AM	
10:20AM-1120AM	10:20AM-1120AM	
11:30AM-12:30PM	11:30AM-12:30PM	
XXX	XXX	
3:00PM-4:00PM	3:00PM-4:00PM	
4:10PM-5:10PM	4:10PM-5:10PM	
5:20PM-6:20PM	5:20PM-6:20PM	
6:30PM-7:30PM	6:30PM-7:30PM	
7:40PM-8:40PM	XXX	