

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>*6:00AM-6:30AM*</i>	
6:30AM-7:30AM	6:30AM-7:30AM	 <p data-bbox="1167 605 1358 640"><i>Fitness MD</i></p> <p data-bbox="1087 667 1435 702"><i>10015 Foothills Blvd.</i></p> <p data-bbox="1096 729 1429 764"><i>Roseville, CA 95747</i></p> <p data-bbox="1130 791 1395 826"><i>(916) 780-5507</i></p> <p data-bbox="1037 924 1487 959"><i>www.fitnessmdonline.com</i></p>
8:00AM-9:00AM	8:00AM-9:00AM	
9:10AM-10:10AM	9:10AM-10:10AM	
10:20AM-11:20AM	10:20AM-11:20AM	
11:30AM-12:30PM	11:30AM-12:30PM	
<i>*12:30PM-1:00PM*</i>	<i>*12:30PM-1:00PM*</i>	
1:50PM-2:50PM	1:50PM-2:50PM	
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	
<i>*7:30PM-8:00PM*</i>	<i>*7:30PM-8:00PM*</i>	<i>*30minute cardio blaster*</i>
8:00PM-9:00PM	XXX	