

SACRAMENTO

1143 N. Market Blvd. Suite 1

Sacramento, CA 95834

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 am	IM60	IM60	IM60	IM60	IM60	
6:00 am	IM60	IM30	IM60	IM30	IM60	
6:30 am		IMRecovery		IMRecovery		
9:00 am	IM60	IM60	IM60	IM60	IM60	Open Gym
9:30 am						IM30
10:00 am						IM60
3:00 pm	IM60	IM60	IM60	IM60	IM60	
4:00 pm	IM60	IM60	IM60	IM60	IM60	
5:00 pm	IM60	IM60	IM60	IM30	IM60	
5:30 pm				IMRecovery		
6:00 pm	IM60	IM60	IM60	IM30	IM60	
6:30 pm		IM30	IM30	IMRecovery		
7:00 pm	IMKids	IMBuild	IM30	Zumba		