

# WOODLAND

1059 Court Street

Woodland, California 95695

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 am	IM60	IM60	IM60	IM60	IM60	
6:00 am	IM60	IM30	IM60	IM60	IM60	
		IMRecovery				
9:00 am						Open Gym
9:30 am						IM30
10:00 am						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		