



2514 Bell Rd. Auburn, CA 95603 530-885-1964 cacfit.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Team Fit 6:00-7:00am Junior		Team Fit 6:00-7:00am Junior		Team Fit 6:00-7:00am Junior		
Team Fit 8:00-9:00am Junior	Team Fit 8:00-9:00am Kourtney	Team Fit 8:00-9:00am Junior	Team Fit 8:00-9:00am Brad			
Team Fit 9:15-10:15am Junior		Team Fit 9:15-10:15am Justin		Team Fit 9:15-10:15am Junior		
Team Fit 4:30-5:30pm Jackie		Team Fit 4:30-5:30pm Brad				
Team Fit 5:30-6:30pm Jackie	Team Fit 5:30-6:30pm Kourtney	Team Fit 5:30-6:30pm Brad	Team Fit 5:30-6:30pm Justin			