

CLASS SCHEDULE

LOCATION	MON	TUES	WED	THURS
SAC	New Direction 11am Lisa		New Direction 12pm Carmelita	
SAC	Compass 12:30pm Lisa		Compass 12:30pm Jessica	
SAC			Starter Series 5pm Carmelita	New Direction 5pm Carmelita
SAC	New Direction 5pm Lisa		Compass 5pm Jessica	
SAC	Compass 6:15pm Lisa		New Direction 6:30pm Carmelita	Reintroduction 6:30pm Carmelita
SAC			Compass 6:15pm Jessica	
SAC	HRS: 10am - 8pm	HRS: 10am - 3pm	HRS: 10am - 8pm	HRS: 10am - 8pm
DAVIS		New Direction 11am Louise	Compass 12:30pm Louise	
DAVIS		Compass 12:15pm Louise		
DAVIS		Compass 5pm Jessica	Reintroduction 4pm Perri	
DAVIS		New Direction 5pm Carmelita	New Direction 5pm Perri	
DAVIS		Compass 6:15pm Jessica	Starter Series 6:30pm Perri	
DAVIS		New Direction 6:15pm Carmelita		
DAVIS	HRS: 10am - 3pm	HRS: 10am - 8pm	HRS: 10am - 8pm	CLOSED
RSVL	Compass 11:00am Jessica	Compass 11am Lisa		New Direction 12pm Donna
RSVL		New Direction 12:15pm Lisa	Compass 12:30pm Donna	Starter Series 12:30pm Rosanne
RSVL		Compass 5pm Perri		Compass 5pm Rosanne
RSVL	New Direction 5:00pm Perri	New Direction 5pm Lisa	Reintroduction 5pm Amanda	
RSVL		New Direction 6:15pm Perri		
RSVL	Compass 6:15pm Perri		New Direction 6:30pm Amanda	Starter Series 6:30pm Rosanne
RSVL	HRS: 10am - 8pm	HRS: 10am - 8pm	HRS: 10am - 8pm	HRS: 10am - 8pm
FLSM				Compass 11am Lisa
FLSM				New Direction 12:15pm Lisa
				Reintroduction 4pm Jessica
FLSM				Compass 5pm Jessica
FLSM				Starter Series 5pm Lisa
FLSM				Compass 6:15pm Lisa
FLSM				New Direction 6:15pm Jessica
FLSM	CLOSED	HRS: 3pm - 8pm	CLOSED	HRS: 10am - 8pm

Sac Clinic (916) 978-0300
 Dav Clinic (530) 756-9300
 Rsvl Clinic (916) 781-9800
 Flsm Clinic (916) 235-4823

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