

CLASS SCHEDULE

LOCATION	MON	TUES	WED	THURS
SAC	Weight Loss/WM 12:00 Lisa		Weight Loss 12pm Elizabeth	
SAC			Maintenance 12:30pm Louise	
SAC				
SAC				
SAC	Weight Loss/WM 5:30pm Lisa		Weight Loss/WM 5:30pm Louise	
SAC				
SAC				
SAC	HRS: 10am - 8pm	CLOSED	HRS: 10am - 8pm	HRS: 10am - 6pm
DAVIS		Weight Loss 11am Louise		
DAVIS		Maintenance 12:15pm Louise		
DAVIS				
DAVIS		Maintenance 5:30pm Louise	SS/Weight Loss 5pm Perri	
DAVIS		Weight Loss 6:30pm Louise		
DAVIS				
DAVIS	CLOSED	HRS: 10am - 8pm	HRS: 10am - 8pm	CLOSED
RSVL		Maintenance 11am Lisa		
RSVL	Weight Loss/WM 12:00pm Amanda	Weight Loss 12:15pm Lisa		Weight Loss/WM 12:00pm Lisa
RSVL				
RSVL	Weight Loss/WM 5:00pm Perri	Starter Series 5:00pm Lisa		Weight Loss/WM 6:15pm Lisa
RSVL		Weight Loss/WM 6:15pm Perri	Maintenance 5pm Amanda	
RSVL			Weight Loss 6:30pm Amanda	
RSVL				
RSVL	HRS: 10am - 8pm	HRS: 10am - 8pm	HRS: 10am - 8pm	HRS: 10am - 8pm
ONLINE	Maintenance 6:30pm Amanda			Weight Loss 11am Perri
ONLINE	Starter Series 5:15pm Amanda	Weight Loss 6:15pm Amanda		Starter Series 12:15pm Perri
ONLINE	Reintroduction 7:30pm Perri			Weight Loss 6:30pm Perri
				Starter Series 7:30pm Perri

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

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