

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
445-510AM	PAU.ER RUN	PAU.ER RUN	PAU.ER RUN	PAU.ER RUN	PAU.ER RUN		
515-6AM	PAU.ER STRENGTH	PAU.ER TABATA	PAU.ER BARRE	PAU.ER HIIT	PAU.ER CIRCUIT		
6-615AM	PAU.ER ABS	PAU.ER ABS	PAU.ER ABS	PAU.ER ABS	PAU.ER CIRCUIT 6am-645am		
830-930AM						PAU.ER PIYO 1 st &3 rd PAU.ER HIIT 2 nd &4 th	PAU.ER KICK 8am-845am
915-10AM	PAU.ER BOOTCAMP	PAU.ER BARRE	PAU.ER CIRCUIT	PAU.ER TABATA BARRE	PAU.ER BARRE		PAU.ER BARRE 9am-950am
10-11AM					PAU.ER STRETCH		PAU.ER YIN YOGA
12-1245PM	PAU.ER CIRCUIT	PAU.ER BOXING		PAU.ER STRENGTH			
430-515PM	PAU.ER CIRCUIT	PAU.ER HIIT	PAU.ER TABATA	PAU.ER STRENGTH			
515-530PM	PAU.ER ABS	PAU.ER ABS	PAU.ER ABS	PAU.ER ABS			
530-615PM	PAU.ER ROCK	PAU.ER BOXING	PAU.ER BARRE	PAU.ER KICK			
630-730PM		PAU.ER YIN YOGA		PAU.ER YIN YOGA			

PAU.ER
BY JAMEE PAU *Fitness*

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GYM HOURS:
Monday-Thursday 430am-8pm
CLOSED FOR LUNCH 1-3pm
Friday 430am-11am
Saturday 6am-11am
Sunday 8am-11am

Appointments are available after hours by request