

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:45am	Pau.er Run	Pau.er Run	Pau.er Run	Pau.er Run	Pau.er Run		
5:15am	Pau.er Strength	Pau.er Tabata	Pau.er Barre	Insanity	Pau.er Circuit		
6:15am	Pau.er Strength		Pau.er Tabata		Pau.er Circuit		
8:15am						Insanity	Pau.er Kick
9:15am	Pau.er Tabata	Pau.er Barre	Pau.er Circuit	Pau.er BootCamp	Pau.er Barre	Pau.er Strength	Pau.er Barre
10:15am					Pau.er Stretch		Pau.er Yin
12pm	Pau.er Circuit	Pau.er Boxing	Pau.er Barre	Pau.er Strength	Insanity		
4:30pm	Pau.er Circuit	Insanity	Pau.er Tabata	Pau.er Strength	Cize		
5:30pm	PiYo	Pau.er Boxing	Pau.er Barre	Pau.er Kick			
6:30pm		Pau.er Yin		Pau.er Yin			



**GYM HOURS**

Monday-Thursday 4:30am-8pm  
 CLOSED FOR LUNCH 1-3pm  
 Friday 4:30am-5:30PM  
 CLOSED FOR LUNCH 1-4pm  
 Saturday 6am-11am  
 Sunday 8am-11am

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**ALL CLASSES ARE 45-55 MINUTES  
 DEDICATION. MOTIVATION. RESULTS**