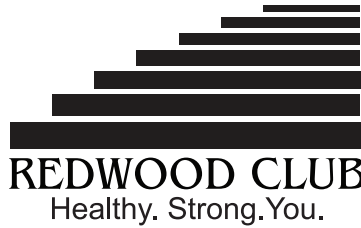




719 Southpoint Blvd
 Petaluma, CA 94954
 (707) 778-8788
www.theredwoodclubpetaluma.com



May 2018 Schedule



Club Hours
 Mon-Thurs 5:00am-10:00pm
 Fri 5:00am-8:30pm
 Sat-Sun 6:30am-7:00pm

TRC Fit Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
5:30am Afterburn TRC Fit (\$)	5:30am Cardio Circuit TRC Fit (\$)	5:30am Russian Circuit TRC Fit (\$)	5:30am Sports Conditioning TRC Fit (\$)	5:30am Shockwave Circuit TRC Fit (\$)		
			6:30am Foundations TRC Fit (\$)			
6:00pm Afterburn TRC Fit (\$)	6:00pm Pilates & Yoga for Athletes TRC Fit (\$)	6:00pm Cardio Circuit & Abs TRC Fit (\$)	6:00pm Russian Circuit TRC Fit (\$)			