



719 Southpoint Blvd  
 Petaluma, CA 94954  
 (707) 778-8788  
[www.theredwoodclubpetaluma.com](http://www.theredwoodclubpetaluma.com)



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

## HIIT Camp Schedule October 2018

MON	TUE	WED	THU	FRI	SAT	SUN
	6:30-7:20am HIIT Camp (\$)		6:30-7:20am HIIT Camp (\$)			
7:00-7:50pm HIIT Camp (\$)		7:00-7:50pm HIIT Camp (\$)				