



ROSEVILLE
HEALTH & WELLNESS
CENTER

Land Class Schedule

1650 Lead Hill Boulevard
Roseville CA 95661
(916) 677-1200

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
6:00AM	Follow the leader Cardio Spin 45 min	Breakfast Burn 45 min	Follow the leader Cardio Spin 45 min	Breakfast Burn 45 min		
8:00AM		Yoga 75 min		Yoga 75 min	Yoga 75 min	
9:00AM	Spin and Sculpt 45 min	Cardio Train 60 min	Spin and Sculpt 45 min	Cardio Train 60 min	Body Conditioning 60 min	Yoga 75 min
12:00PM	Ultimate Calorie Burn 30 min		Tai Chi 45 min		Ultimate Calorie Burn 30 min	
12:15PM		Body Conditioning 60 min		Fit Ball 11 45 min		
1:00PM			Fit Ball 1 45 min			
4:30PM	Mat Pilates 45 min	Fit Ball 1 45 min	Mat Pilates 45 min	Spin 45 min	Mat Pilates 45 min	
5:30PM	Spin 45 min	Spin 45 min	Spin 45 min	Fit Ball 11 45 min		
6:30PM	Yoga 75 min			Yoga 75 min		
6:35PM			Yoga 75 min			

