



**875 E Plaza Dr, Eagle, ID (208) 938-8410**

**CYCLING STUDIO CLASS SCHEDULE**

**08.10**

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE	
8:30 AM						CYCLE
9:00 AM	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE	
NOON	CYCLE		CYCLE			
6:00 PM	CYCLE	CYCLE	CYCLE	CYCLE		

**GROUP X CLASS SCHEDULE**

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45AM		POWER2PUMP		POWER2PUMP		
8:00 AM		GENTLE STRETCH		GENTLE STRETCH		8:30AM YOGA FLOW**
9:00 AM	Adv. PILATES	ZUMBA ..... PILATES**	Adv. PILATES	POWER STEP ..... PILATES**	SOUL JAM ..... POWER YOGA (9:30-11:00)	KICK BOX
10:00 AM	SOUL JAM ..... YOGA Stretch**	KICKBOX BOOTCAMP .....	BOOTCAMP	KICKBOX BOOTCAMP .....	POWER2PUMP .....	CORE POWER (30 min)
11:00 AM	MOVERS & SHAKERS	SENIOR YOGA	MOVERS & SHAKERS	SENIOR YOGA	MOVERS & SHAKERS	
12 noon	MOVERS & SHAKERS II	STRENGTH	MOVERS & SHAKERS II	STRENGTH		
5:00 PM		POWER 2 PUMP		POWER 2 PUMP		
5:30 PM	POWER 45 (5:45-6:30PM)	KICK BOX ..... YOGA**	POWER 45 (5:45-6:30PM)	KICK BOX ..... YOGA**		

\*\* INDICATES STUDIO 3