

# **Halo Athletic Club**

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

### Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7:00AM</b>	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics
<b>9:00AM</b>	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics
<b>10:00AM</b>	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics
<b>6:00PM</b>		Aqua Aerobics		Aqua Aerobics	

### Cycling Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:30AM</b>	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE	
<b>8:00AM</b>						CYCLE
<b>9:00AM</b>	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE (9:15)
<b>Noon</b>	CYCLE		CYCLE			
<b>6:00PM</b>	CYCLE	CYCLE	CYCLE	CYCLE		

### Group Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:45AM</b>		PowerHour		PowerHour		
<b>8:30AM</b>						8:30 Yoga Flow**
<b>9:00AM</b>	Adv. Pilates ----- Yoga Stretch **	Zumba ----- Pilates**	Adv. Pilates	Power2Pump ----- Pilates**	Soul Jam	Kick Box
<b>10:00AM</b>	Soul Jam	Kick Fusion ----- Yoga (10:15)**	Bootcamp	Kick Fusion ----- Yoga (10:15)**	Adv. Pilates	CorePower (30min)
<b>11:00AM</b>	Movers & Shakers	Senior Yoga**	Movers & Shakers	Senior Yoga**	Movers & Shakers	
<b>NOON</b>	Movers & Shakers II		Movers & Shakers II		Movers ShakersII	
<b>5:00PM</b>		Power2Pump		Power2Pump		
<b>5:30PM</b>	Power 45 (5:45-6:30) HITT	Kick Box -----	Power 45 (5:45-6:30)	Kick Box ----- Yoga**	Zumba	
<b>6:30PM</b>	Zumba	Yoga** HITT	HITT	HITT		

\*\* Indicates class is in Studio 3

1.1.12

#### Club Hours

Mon-Fri 5am – 11pm  
Saturday 8am – 8pm  
Sunday 8am – 8pm

#### Family Swim

Friday 6pm – 9pm  
Saturday 2pm – 7pm  
Sunday 12 – 4:30pm

#### Daycare Hours

Mon-Thurs 8:45am – 8pm  
Friday 8:45am – 6:30pm  
Saturday 8:30am – Noon

#### Swim Team:

Mon, Wednesday, Friday: 4:00-6:30pm    Mon, Wed 5:15-6:45 am  
Tues, Thurs: 4:00-5:45pm    Sat 8-10 am

#### Basketball Gym: HSB Academy

Mon-Fri 4:30-5:30pm 1<sup>st</sup>-5<sup>th</sup> grade    5:30-6:30pm 6<sup>th</sup>-8<sup>th</sup> grade    6:30-7:30pm 9<sup>th</sup>-12<sup>th</sup> grade