



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

CYCLING STUDIO CLASS SCHEDULE

07.10

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
5:45 AM		POWER2PUMP		POWER2PUMP		
8:00 AM		<i>GENTLE STRETCH</i>		<i>GENTLE STRETCH</i>		8:30AM YOGA FLOW **
9:00 AM	Adv. PILATES	ZUMBA PILATES **	Adv. PILATES	POWER STEP PILATES **	SOUL JAM	KICK BOX
10:00 AM	CORE POWER YOGA Stretch **	KICKBOX BOOTCAMP	BOOTCAMP YOGA **	KICKBOX BOOTCAMP	POWER2PUMP Power YOGA **	CORE POWER (30 min)
11:00 AM	MOVERS & SHAKERS	<i>Senior Yoga</i> **	MOVERS & SHAKERS	<i>Senior Yoga</i> **	MOVERS & SHAKERS	
12 noon	MOVERS & SHAKERS II	STRENGTH	MOVERS & SHAKERS II			
4:45 PM		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