



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

CYCLING STUDIO CLASS SCHEDULE

02.10

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE	
8:15 AM						CYCLE
9:00 AM	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE (9:15))
10:00 AM			CYCLE (begins 2-17)			
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	Adv. PILATES	ZUMBA PILATES**	Adv. PILATES	POWER STEP PILATES**	SOUL JAM	KICK BOX
10:00	CORE POWER YOGA Stretch**	KICKBOX BOOTCAMP	BOOTCAMP YOGA **	KICKBOX BOOTCAMP	POWER2PUMP Power YOGA **	CORE POWER (30 min)
11:00	MOVERS & SHAKERS	Senior Yoga **	MOVERS & SHAKERS	Senior Yoga **	MOVERS & SHAKERS	
12 noon	MOVERS & SHAKERS II	STRENGTH	MOVERS & SHAKERS II	STRENGTH		
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