



GROUP X FITNESS PROGRAMS

2340 S. Eagle Rd - Boise, Idaho - Phone (208) 884-5251 - www.idahoathleticclub.com January 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
5:45 AM	Cardio Intervals	Step and Strength	Kickboxing	Cardio Intervals		
7:00 AM						
8:30 AM						Zumba
9:00 AM	Cardio Intervals	Zumba (9:15)	Step	Zumba (9:15)	Cardio Intervals	
10:00 AM	PIYo	Power Pilates (10:15)	PIYo	Power Pilates (10:15)	PIYo	
11:00 AM	Kettlebell		Kettlebell		Kettlebell	
11:30 AM		HIIT Class		HIIT Class		
5:30 PM	Turbo Kick	Kickboxing	Strength Training	Kickboxing		
6:00 PM						
6:30 PM	Yoga		Yoga			
7:00 PM		Zumba		Zumba		

~Club~

M-F 5AM – 11PM
 Saturday 8AM – 8PM
 Sunday 8AM – 8PM

~Day Care~

M-Th 8:30 AM – 12:30 PM
 3:30 PM – 8:30 PM
 Friday 8:30 AM – 12:30 PM
 Saturday 8:30 AM - Noon