



















1150 East 16th Street Burley, Idaho 83318

www.impactathletic.com

208 678-5011

Begins September 8th, 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30a 1 hour	 Holly	 Amy 30 mins	H.I.I.T. <u>Barre</u> Tammy	 Amy 30 mins	 JoAnn/Holly	
8:30a 1 hour	 Brielle	H.I.I.T. <u>Barre</u> Brielle	 Carli	 Holly	 Lindsay	
9:30a 1 hour	Yoga Holly	<u>Barre</u>	Yoga Tenea			
10:00a 1 hour						H.I.I.T. <u>Barre</u> JoAnn
10:10a		 Classic - Lana		 Classic - Lana		
12:15p		 Jenny		 Jenny		
1:30p	 JoAnn	 Holly	 JoAnn	H.I.I.T. <u>Barre</u> JoAnn		
5:45p		 Tammy				
6:00p		Yoga Tenea		Yoga Tenea		

Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00a 50 mins	Aqua Fit Wendy	Aqua Fit Julia	Aqua Fit Wendy	Aqua Fit Lana	Aqua Fit Wendy	
8:05p 50 mins	Aqua Therapy Julia		Aqua Therapy Julia		Aqua Therapy Lana	

JUST FOR KIDS ages 8 -15 (class held in the gym)

6:30p	Get Movin Livingston		Get Movin Livingston			
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