

# TRAIN SMART PLAY HARD

## NORTH IDAHO ATHLETIC CLUB

www.niathletic.com      408 S. Main Moscow, Idaho 83843      (208) 882-7884  
**M-TH 5am-10pm    FR 5am-8pm    SAT/SUN 7am-6pm**

**YOU are our SUCCESS story!!**



CLASS TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15a <u>OR</u> 5:45a	<b>SPINNING.</b> 5:45 - 6:30am	<b>SPINNING.</b> 5:15 - 6:00am	<b>SPINNING.</b> 6:00 - 6:45am	<b>SPINNING.</b> 5:15 - 6:00am	<b>SPINNING.</b> 5:45 - 6:30am		
8:15-9:15am						<b>SPINNING.</b> 8:15-9:00am	
9:00-9:45am	<b>SPINNING.</b>	<b>SPINNING.</b>	<b>SPINNING.</b>	<b>SPINNING.</b>	<b>SPINNING.</b>		
12:00-12:45pm	<b>SPINNING.</b>						
5:00-5:30pm							
5:30 - 6:15pm	<b>SPINNING.</b>		<b>SPINNING.</b>	<b>SPINNING.</b>			

### GROUP X CLASS SCHEDULE

CLASS TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:30am	<b>FIGHT CLUB</b> 5:15 - 6:00am	<b>PILATES BC</b> 5:45 - 6:30am	<b>HIIT</b> 5:15 - 6:00am	<b>PILATES BC</b> 5:45 - 6:30am	<b>HIIT</b> 5:15 - 6:00am		
6:00-7:00am	<b>GPP</b>		<b>Youth Fitness</b> 6:00-7:00am		<b>Youth Fitness</b> 6:00-7:00am		
8:00, 8:30, 8:45, 9:00am <i>Start time</i>	<b>HIIT Basics</b> 8:30-9:15am	<b>YOGA</b> 8:00 - 9:00am	<b>STEP RoCK</b> 8:45 - 9:45am	<b>YOGA</b> 8:00 - 9:00am	<b>HardCORE</b> 8:30-9:00am	<b>HIIT</b> 8:00-8:45am	
	<b>STEP INTRO</b> 9:20-9:50am				<b>HIIT Basics</b> 9:00 - 9:45am		
10:00am	<b>BARRE</b> <small>10:00-11:00am</small>	<b>BOOTCAMP</b> 10:00-11:00am	<b>BARRE</b> <small>10:00-11:00am</small>	<b>BOOTCAMP</b> 10:00-11:00am	<b>HIGH</b> <small>10:00-11:00am</small>	<b>GPP</b> 10:15-11:00am	
11:00 - 11:45am							
12:00-1:00pm	<b>GPP</b>	<b>GPP</b>	<b>GPP</b>	<b>GPP</b>	<b>GPP</b>		
1:15 - 2:00pm							
4:00pm							<b>YOGA</b> <i>Restore</i>
5:00 - 5:30pm <i>Start time</i>	<b>GPP</b> 5:45-6:45pm	<b>HIIT</b> 5:30 - 6:15pm	<b>GPP</b> 5:30-6:30pm	<b>HIIT</b> 5:30 - 6:15pm	<b>GPP</b> 5:30-6:30pm		
6:15-7:15pm		<b>Yoga</b> 6:20-7:20pm		<b>Yoga</b> 6:20-7:20pm			



is a Premium membership- Please speak with a member of our FrontDeskTeam for Details