
















# 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><br>5:45 - 6:30am |  <b>SPINNING</b><br>5:15 - 6:00am |  <b>SPINNING</b><br>6:00 - 6:45am |  <b>SPINNING</b><br>5:15 - 6:00am |  <b>SPINNING</b><br>5:45 - 6:30am |  |        |
| 8:15-9:15am           |  |  |  |  |  |  <b>SPINNING</b><br>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><br>5:15 - 6:00am | <b>PILATES BC</b><br>5:45 - 6:30am | <b>HIIT</b><br>5:15 - 6:00am      | <b>PILATES BC</b><br>5:45 - 6:30am | <b>HIIT</b><br>5:15 - 6:00am        |                             |                               |
| 6:00-7:00am                                      | <b>GPP</b>                         |                                    |                                   |                                    |                                     |                             |                               |
| 8:00, 8:30,<br>8:45, 9:00am<br><i>Start time</i> | <b>HIIT Basics</b><br>8:30-9:15am  | <b>YOGA</b><br>8:00 - 9:00am       | <b>STEP RoCK</b><br>8:45 - 9:45am | <b>YOGA</b><br>8:00 - 9:00am       | <b>HardCORE</b><br>8:30-9:00am      | <b>HIIT</b><br>8:00-8:45am  |                               |
|  | <b>STEP INTRO</b><br>9:20-9:50am   | <b>HIGH</b> 9:15-10am              |                                   |                                    | <b>HIIT Basics</b><br>9:00 - 9:45am |                             |                               |
| 10:00am  | <b>BARRE</b><br>10:00-11:00am      | <b>BOOTCAMP</b><br>10:00-11:00am   | <b>BARRE</b><br>10:00-11:00am     | <b>BOOTCAMP</b><br>10:00-11:00am   | <b>HIGH</b> 10:00-11:00am           | <b>GPP</b><br>10:15-11:00am |                               |
| 11:00 - 11:45am                                  |                                    |                                    |                                   |                                    |                                     |                             |                               |
| 12:00-1:00pm                                     | <b>GPP</b>                         | <b>GPP</b>                         |                                   | <b>GPP</b>                         |                                     |                             |                               |
| 1:15 - 2:00pm                                    |                                    |                                    |                                   |                                    |                                     |                             |                               |
| 4:00pm   |                                    |                                    |                                   |                                    |                                     |                             | <b>YOGA</b><br><i>Restore</i> |
| 5:00 - 5:30pm<br><i>Start time</i>               | <b>GPP</b><br>5:45-6:45pm          | <b>HIIT</b><br>5:30 - 6:15pm       | <b>GPP</b><br>5:30-6:30pm         | <b>HIIT</b><br>5:30 - 6:15pm       | <b>GPP</b><br>5:30-6:30pm           |                             |                               |
| 6:15-7:15pm                                      |                                    | <b>Yoga</b><br>6:20-7:20pm         |                                   | <b>Yoga</b><br>6:20-7:20pm         |                                     |                             |                               |



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