

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

Where Fitness Meets Community



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

GROUP X CLASS SCHEDULE

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



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