Info@JackCityFitness.com

Call or Text (208) 999 - 1111

Class Schedule

Office Hours Monday - Thursday:

Office Hours Friday:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	Elite Fitness	Elite Fitness	Elite Fitness	Elite Fitness	Elite Fitness	
7:00	Elite Fitness / Elite Movement	Elite Fitness	Elite Fitness / Elite Movement	Elite Fitness	Elite Fitness	
8:00	Functional Fitness	Advanced Conditioning	Functional Fitness	Advanced Conditioning	Elite Fitness / Elite Movement	
9:00						
10:00	Ladies HIIT Squad		Ladies HIIT Squad		Ladies HIIT Squad	Functional Fitness
11:00						
12:00	Elite Fitness	Elite Fitness	Elite Fitness	Elite Fitness	Elite Fitness	
1:00	Faith & Fitness		Faith & Fitness			
2:00	Ladies HIIT Squad		Ladies HIIT Squad			
3:00	Legacy Strong			Legacy Strong		
4:30	Elite Fitness	Functional Fitness	Elite Fitness	Functional Fitness	Elite Fitness	
5:30	KinStretch / Elite Fitness	Functional Fitness	KinStretch / Elite Fitness	Functional Fitness	Elite Fitness	
6:30	Elite Fitness					
7:30						

9:00AM-7:00PM
9:00AM- 4:00PM
Sunday

