

Info@JackCityFitness.com
 Call or Text (208) 999 - 1111



Class Schedule



Office Hours Monday - Thursday: 9:00AM-7:00PM
 Office Hours Friday: 9:00AM- 4:00PM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Elite Fitness	Elite Fitness	Elite Fitness	Elite Fitness	Elite Fitness		
	Elite Movement		Elite Recovery				
7:00	Elite Fitness	Elite Fitness	Elite Fitness	Elite Fitness	Elite Fitness		
	Elite Recovery		Elite Movement				
8:00	Functional Fitness		Functional Fitness		Elite Fitness	Elite Movement	
9:00					Elite Recovery		
10:00	Ladies HIIT Squad		Ladies HIIT Squad				
11:00							
12:00	Elite Fitness	Elite Fitness	Elite Fitness	Elite Fitness	Elite Fitness		
1:00	Faith & Fitness		Faith & Fitness				
2:00							
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		
6:30	Elite Fitness						
7:30							

