

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 Movement	Elite Fitness	Elite Fitness	Elite Movement	Elite Fitness	
7:00	Elite Fitness	Elite Fitness	Elite Fitness	Elite Fitness	Elite Fitness			
8:00								
9:00	Functional Strength & Conditioning		Functional Strength & Conditioning		Functional Strength & Conditioning	Functional Strength & Conditioning		
10:00						Functional Strength & Conditioning		
11:00								
12:00	Elite Fitness	Elite Fitness	Elite Fitness	Elite Fitness	Elite Fitness			
1:00								
2:00								
3:00								
4:30	Elite Fitness	Elite Movement	Functional S&C	Yoga Fit	Elite Fitness	Elite Movement	Functional Strength & Conditioning	Elite Fitness
5:30	Elite Fitness	Flexibility Mobility	Functional S&C	Elite Fitness	Flexibility Mobility	Functional S&C	Elite Fitness	
6:30	Elite Fitness		Elite Fitness					
7:30								

