

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				
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									
11:00						Functional Strength & Conditioning			
12:00	Elite Fitness	Elite Fitness	Elite Fitness	Elite Fitness	Elite Fitness				
1:00									
2:00									
3:00									
4:30	Elite Fitness	Youth Fitness	Functional Strength & Conditioning	Elite Fitness	Youth Fitness	Functional Strength & Conditioning	Elite Fitness		
5:30	Elite Fitness	Flexibility Mobility	Functional S&C	Elite Movement	Elite Fitness	Flexibility Mobility	Functional S&C	Elite Movement	Elite Fitness
6:30	Elite Fitness	Functional Strength & Conditioning	Elite Fitness	Functional Strength & Conditioning					
7:30									

