

# IMPACT FITNESS

45 MINUTE SESSIONS TO HELP YOU MOVE, BUILD AND FEEL BETTER - EVERY DAY

## Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	Kickboxing	Rise & Grind	Kickboxing	Rise & Grind	Kickboxing		
6:30 AM	Millin Pump	Lift Lab	Lift Lab	Millin Pump	Pup Trek	Hangover	
7:30 AM	Fit 4 Life		Fit 4 Life		Fit 4 Life		
9:30 AM						WERQ	WERQ
10:00 AM		Fountain of Youth		Fountain of Youth			
2:00 PM	Fountain of Youth		Fountain of Youth				
4:30 PM	Kickboxing	Lift Lab Open Gym	Kickboxing	Lift Lab Open Gym	Lift Lab Open Gym		
5:30 PM	Lift Lab Open Gym	Sweat	Lift Lab Open Gym				