

IMPACT FITNESS

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

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	MILLIN PUMP	LIFT LAB	PUP TREK	HANGOVER 90 MINS	
7:30 AM	FIT 4 LIFE/ STRENGTH TRAINING	STRENGTH TRAINING	FIT 4 LIFE/ STRENGTH TRAINING	STRENGTH TRAINING	FIT 4 LIFE/ STRENGTH TRAINING		
9:30 AM						WERQ	WERQ
4:30 PM	KICKBOXING	LIFT LAB	KICKBOXING	LIFT LAB	LIFT LAB		
5:30 PM	LIFT LAB	SWEAT	LIFT LAB	KICKBOXING			
6:30 PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		

For more information, please visit our website at www.impactfitnessplatteville.com