

Impact Fitness Class Schedule

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	Lift Lab	Millin Pump	Pup Trek	Hangover 90 minutes	
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 Style	Kickboxing	Lift Lab Open Gym Style	Lift Lab Open Gym Style		
5:30 PM	Lift Lab Open Gym Style	Sweat	Lift Lab Open Gym Style				
6:30 PM	Fitness Basics						

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