























IMPACT ATHLETIC

1150 East 16th Street Burley, Idaho 83318

www.impactathletic.com

208 678-5011

Begins April 6th, 2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a		 SPINNING Amy 30 mins		 sprint Amy 30 mins		
5:45a	 iBeat BARRE Holly		 SURGE STRENGTH Tori		 HIGH fitness YU Tawny	
8:15a Yoga Studio	Yoga Kendra		Yoga Kendra			
8:15a	 POWER HOUR Brielle	 REPS Brielle	 iBeat BARRE Holly	 HIGH fitness Holly	 Surge Tori	 mashup Rotating Instructors
10:10a	 FIT AND Fabulous Brettlyn	 ZUMBA GOLD Lissette	 FIT AND Fabulous Brettlyn	 ZUMBA GOLD Lissette		
5:30p	 HIGH fitness Tori	 LES MILLS BODYPUMP JoAnn	 BARRE FUSION JoAnn	 Surge Brittany		
5:30p 30 min			 SPINNING Sam			
6:00p Yoga Studio		Restorative Yoga Kendra		Yoga Kendra		
6:45p		 HIGH fitness Brittany	 ZUMBA Lissette			
Pool						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00a 50 mins	Aqua Fit Megan	Aqua Fit Megan	Aqua Fit Sue	Aqua Fit Megan	Aqua Fit Megan	
1:05p 50 mins	Aqua Therapy Julia		Aqua Therapy Julia		Aqua Therapy Sue	

