























# **IMPACT ATHLETIC**

1150 East 16th Street Burley, Idaho 83318

www.impactathletic.com

208 678-5011

Begins June 1st, 2026

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