



Fit For Adventure  
 4585 S. Cloverdale  
 Boise, Idaho 83709

Corner of Cloverdale and Amity

Phone: 208.395.1234

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00:00 AM		Spinning		Spinning		
6:30:00 AM						
7:00:00 AM						
8:00:00 AM						
9:30:00 AM	Pilates		Pilates			
10:30:00 AM	Fit Over 50		Fit Over 50			
11:30:00 AM						
12:30:00 PM						
1:30:00 PM						
2:30:00 PM						
3:30:00 PM						
4:30:00 PM						
5:30:00 PM						
6:00:00 PM	Spinning	Pilates	Spinning	Pilates		
6:30:00 PM						
6:45:00 PM						
7:00:00 PM	Yoga		Yoga			