

CAC - SILVER LAKE IMPACT SCHEDULE NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cardio & Core 7:30-8:30 am Kelsey IMPACT Studio		Cardio & Core 7:30-8:30 am Kelsey IMPACT Studio		Cardio & Core 7:30-8:30 am Kelsey IMPACT Studio		
IRONFit 9:30-10:30 am Bobby IMPACT Studio		IRONFit 9:30-10:30 am Bobby IMPACT Studio		IRONFit 10:00-11:00 am Bobby IMPACT Studio		
IRONFit 10:45-11:45am Bobby IMPACT Studio		IRONFit 10:45-11:45am Bobby IMPACT Studio				
Kinetic Kids 4:00-4:30pm (30 min) Bobby, IMPACT Studio		Kinetic Kids 4:00-4:45pm (45 min) Bobby IMPACT Studio				
			IMPACT Bootcamp Lindsay 5:00-6:00 pm IMPACT Studio			
IRONFit 6:15-7:15pm Bobby IMPACT Studio	Warrior 6:00-7:00 pm Kim IMPACT Studio	IRONFit 6:15-7:15pm Bobby IMPACT Studio			<p>All IMPACT classes will require advanced sign-ups to stay within safe capacities. Each class will have a fee of \$20 + tax per class.</p> <p>IMPACT classes have a 24-hour cancellation policy, and there is a (3) person minimum expected for these small group classes. With (2) or fewer participants, it is the trainer's discretion whether to cancel or run the session. If cancelling, the trainer will notify participants at least four hours in advance.</p>	

