



127 E. Hwy 80
 Forney, TX 75126
 972-564-0909

Group X Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 am		Zumba Nina	LM Body Pump Caitlyn	Zumba Nina	LM Body Pump Caitlyn	
6:00 am		Spin Andrea		Spin Andrea		
8:30 am	LM Body Pump Danielle	Cardio Sculpt Jenni	LM Body Pump Danielle	Zumba Radha	LM Body Pump Summer	Zumba Nina
9:00 am	Spin Andrea		Spin Andrea		Spin Andrea	
9:30 am	Stretch Jenni	Yoga Tatjana	High Fitness Morgan	Yoga Tatjana		Kickboxing Loren
10:00 am	Rock Hard Jenni					
11:00 am			Fit Kids Holly			
4:00 pm					Fit Kids Holly	
5:00 pm	Rotate Kali	LM Body Pump Summer	Rotate Kali	LM Body Pump Summer	Zumba Radha	
6:00 pm	Zumba Nina	High Fitness Morgan/Spin Andrea	Step & Tone Tatjana	Spin Andrea/ Kickboxing Loren		
7:00 pm	Yoga Jennifer	Zumba Jackie	Yoga Jennifer	Zumba Jackie		

Schedule is subject to change.

Always refer to the Impact Fitness app or impactfitnessclubs.com for the most up-to-date schedule.

Club Hours	
Monday-Friday	5:00 am - 11:00 pm
Saturday-Sunday	7:00 am - 7:00 pm

Kids' Club Hours		
Monday-Thursday	8:00 am - 12:00 pm	4:00 pm - 8:00 pm
Friday	8:00 am - 12:00 pm	5:00 pm - 7:00 pm
Saturday	8:00 am - 12:00 pm	Closed
Sunday	Closed	Closed