



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 a.m.		Industrial Strength		Afterburn		
8:00 a.m.	Foundations		Foundations		Foundations	
9:00 a.m.	Afterburn	Foundations	Industrial Strength	Foundations	Afterburn	Industrial Strength
9:30 a.m.				Yoga		Yoga
11:00 a.m.	Senior Strength		Senior Strength		Senior Strength	
5:00 p.m.	Afterburn	Foundations	Industrial Strength	Foundations	Afterburn	
6:00 p.m.	Foundations	Cardio Kickboxing	Foundations	Cardio Kickboxing		
6:30 p.m.	Power Yoga		Vinyasa Flow			

IBFITNESS.NET
600 Palm Avenue #121 | (619) 423-9022

Classes are not included with regular priced memberships. Must upgrade to Platinum membership to participate. Free childcare with upgraded membership.