



## CLASS SCHEDULE

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 a.m.							
7:00 a.m.							
8:00 a.m.		Foundations	Group Cycling	Foundations	Group Cycling	Foundations	Super Cycle
8:15 a.m.							
9:00 a.m.		Afterburn	Foundations	Industrial Strength	Foundations	Afterburn	Industrial Strength
9:30 a.m.					Yoga		Yoga
10:00 a.m.							
11:00 a.m.		Senior Strength		Senior Strength		Senior strength	
5:00 p.m.		Afterburn	Foundations	Industrial Strength	Foundations	Afterburn	
5:45 p.m.							
6:00 p.m.		Foundations	Cardio Kickboxing	Foundations	Cardio Kickboxing	Foundations	
6:30 p.m.		Power Yoga		Vinyasa Flow			
7:00 p.m.				Kettlebells			
7:30 p.m.			Kettlebells		Kettlebells		

**IBFITNESS.NET**

600 Palm Ave #121 | 619.423.9022

Classes are not included with regular priced memberships. Must upgrade to a platinum membership to participate. Free child care with upgraded membership.