

## Class Schedule

<b>IRONSTONE FITNESS</b>	6:00-7:00am	7:15-8:15am	8:15-9:15am	9:30-10:30am	10:30 -11:30 am	4:45-5:00pm	5:00-6:00pm	6:00-7:00pm	7:00-8:00pm	7:15-8:30pm
<b>Monday</b>	Bootcamp	7:00-7:45am IronShred/HIIT		Bootcamp			Kickboxing /Bootcamp combo	Kickboxing /Bootcamp combo		Kickboxing/ Bootcamp
<b>Tuesday</b>	Upper Body Sculpt'n Kickboxing Combo			Bootcamp			Bootcamp	Kickboxing	Lower Body Sculpting	
<u>Wednesday</u>	<u>IronShred</u>	7:00-7:45am IronShred/HIIT		<u>IronShred</u>			Kickboxing	IronShred		Kickboxing/ Bootcamp
<b>Thursday</b>	Lower/Upper Strength & Sculpt			Lower/Upper Strength & Sculpt <span style="background-color: yellow;">9:30 to 10.45 am</span>		<span style="background-color: yellow;">4:30-5:00pm</span> Upper Body Sculpt'n Kickboxing Combo	Lower Body Sculpting	Lower Body Sculpting OR Upper Body Sculpting /Abs	<span style="background-color: yellow;">7- 7:45PM</span> <b>Open HIIT</b>	
<b>Friday</b>	Kickboxing			<u>Kickboxing/ Bootcamp Combo</u>		<span style="background-color: yellow;">4:45-5:30pm</span>  IronShred	5:30 PM IronShred Kickboxing Combo			
<b>Saturday</b>		Kickboxing/ Bootcamp Combo	Kickboxing/ Bootcamp Combo	Bootcamp						
<b>Sunday</b>			<b>HIIT</b> <span style="background-color: yellow;">8:30-9:30 am</span>		<b>Closed</b>					

\*\* Please note: Classes and times are subject to change based on feedback and demand.

\*\* All Classes are Co-Ed