



GROUP TRAINING CLASS SCHEDULE

(Beginning July 15, 2019)

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am							
6:00am	Group Training Class	Group Training Class	Group Training Class	Group Training Class	Group Training Class		
7:00am	Group Training Class	Group Training Class	Group Training Class	Group Training Class	Group Training Class		
8:00am						Group Training Class	
9:00am	Group Training Class	Group Training Class	Group Training Class	Group Training Class	Group Training Class	Group Training Class	
10:00am						Group Training Class	
11:00am							
12:00pm	Group Training Class	Group Training Class	Group Training Class	Group Training Class	Group Training Class		
1:00pm							
2:00pm							
3:00pm							
4:00pm	Group Training Class		Group Training Class		Group Training Class		
5:00pm	Group Training Class	Group Training Class	Group Training Class	Group Training Class	Group Training Class		
6:00pm	Group Training Class	Group Training Class	Group Training Class	Group Training Class	Group Training Class		
7:00pm	Group Training Class	Group Training Class	Group Training Class	Group Training Class	Group Training Class		

To guarantee you have a reserved spot at the classes you want to attend, you MUST register for EACH class you want to attend otherwise you may not be guaranteed a spot in class. (15 people per class maximum).

Please register here:

<http://ironalliesfitness.zenplanner.com>

***Self-Serve Weigh-Ins, Body Fat Testing, Measurements & Progress Pictures**

These may be done at any time on your own during normal business hours using our new self-serve measurement area! You may request assistance from our front desk staff if they are available.

***Accountability Coaching Sessions & Nutrition Planning Sessions**

These sessions are for MEMBERS ONLY.

To schedule, please speak to a front desk associate or contact us on our support line via text to schedule:
(801) 263-5336.