



GROUP TRAINING CLASS SCHEDULE

Effective Starting October 15th, 2019

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am	Group Training Class	Group Training Class	Group Training Class	Group Training Class	Group Training Class		
6:00am	Group Training Class	Group Training Class	Group Training Class	Group Training Class	Group Training Class		
7:30am							
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							
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 in 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 also request assistance from our front desk staff if they are available.