



## GROUP TRAINING CLASS SCHEDULE

Effective May 20th, 2020

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00 am	Group Class	Group Class	Group Class	Group Class	Group Class				
6:00 am	Closed for cleaning								
6:30 am	Group Class	Group Class	Group Class	Group Class	Group Class				
7:00 am	Closed for cleaning								
8:00 am	Time Reserved for Private Sessions, Coaching Calls, Admin Work							Group Class	
9:00 am								Cleaning	
9:30 am								Group Class	
10:30 am								Group Class	
11:30am	Closed for cleaning								
12:30 pm	Group Class	Group Class	Group Class	Group Class	Group Class				
1:30 pm	Closed for cleaning								
2:00 pm	Private Sessions/ Coaching/ Admin								
3:00 pm									
4:00 pm									
5:00 pm	Group Class	Group Class	Group Class	Group Class	Group Class				
6:00 pm	Group Class	Group Class	Group Class	Group Class	Group Class				
7:00 pm	Cleaning								
7:15 pm	Group Class	Group Class	Group Class	Group Class	Group Class				

For Live Video Zoom Workouts, on your smartphone or computer, go to:

<https://us04web.zoom.us/j/7090915986>

For Coaching calls, go to:

<https://zoom.us/j/4538401839>

\* Be on the video call 5-10 minutes early to In-person classes to sanitize and for Online classes so you are prepared to start on time. Workouts will also be recorded and posted in the Private Facebook Group. If you are attending virtually, please review the workout demo video ahead of time.

Register for your classes on ZenPlanner:

<http://ironalliesfitness.zenplanner.com>

Text us at: 801-263-5336 if you have questions.