



GROUP TRAINING CLASS SCHEDULE

Effective October 29th, 2021

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am	Group Class	Group Class	Group Class	Group Class	Group Class	Closed	Closed
6:10am	Group Class	Group Class	Group Class	Group Class	Group Class		
7:15am	Group Class	Group Class	Group Class	Group Class	Group Class		
8:00am	Closed For Cleaning, Admin Work, Coaching Calls & Measurement Appointments					Group Class	
9:15am						Group Class	
10:30am						Group Class	
11:00am							
12:30pm	Group Class	Group Class	Group Class	Group Class	Group Class	Closed	
1:30pm	Closed For Cleaning, Admin Work, Coaching Calls & Measurement Appointments						
2:00pm							
3:00pm							
4:00pm	Group Class	Group Class	Group Class	Group Class	Group Class		
5:00pm	Group Class	Group Class	Group Class	Group Class	Group Class		
6:10pm	Group Class	Group Class	Group Class	Group Class	Group Class		
7:15pm	Group Class	Group Class	Group Class	Group Class			
8:15pm	Closed For Cleaning						

Register for your classes on the Zen Planner Member Mobile App
(or online at: <http://ironalliesfitness.zenplanner.com>)

Please be **10-15 minutes early** to class to make sure you are on time, assigned a station, and ready to warm up.

IF YOU ARE MORE THAN 5 MIN LATE & MISS THE WARM-UP YOU WILL NOT BE ALLOWED TO ATTEND CLASS.

Spaces are limited, so if you need to cancel your spot in class, please do so **MORE THAN 1 HOUR PRIOR TO THE CLASS START TIME**. Otherwise, you have to pay a \$10.00 No-Show/Late Cancel Fee out of respect for our members on the waitlist.

Class times and coaches are subject to change at any time and as needed to support demand.

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

