

Iron-Bound Gym *Daytime Class Schedule*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycling Power 8:30 AM Traci <i>Alternating Weeks</i> Cycling Beats 8:30 AM Lynn	Meet at Barre 5:30 AM Jacquie Cycling Beats 6 AM Lynne STAGES	Meet at Barre 5:30 AM Jacquie Boot Camp 5:45 AM (II-III) Lynn	Cycling Power 6 AM Lynn STAGES Muscle Madness 7:15 AM Traci	Meet at Barre 5:30 AM Jacquie Cardio Muscle 5:45 AM Lynn	Boot Camp Express 6 AM Lynn Row Camp 8:15 AM Scott	Cycling Beats 8 AM Lynn STAGES Hatha Flow Yoga 8 AM Irene
R.A.W. 11 AM Lynne	Muscle Madness 8:15 AM Traci	Meet at Barre 7 AM Jacquie	Muscle Madness 8:15 AM Traci	Meet at Barre 7 AM Jacquie	Meet at Barre 8:15 AM Suzanne	Cardio Muscle 9 AM Lynn
Meet at Barre 11 AM Jacquie	Meet at the Barre 8:15 AM Suzanne	Step n' Abs 8:15 AM Cindy	Meet at the Barre 8:15 AM Suzanne	Zumba 8:15 AM Jorge	Kicks, Jabs 'n Abs 9:15 AM Tina	Meet at Barre 9:30 AM Jacquie
Simply Stretch 12:15 PM Donna	Pilates Mat 9:30 AM Mande	Cycling Power 8:15 AM Jamie STAGES	Simply Stretch 9:15 AM Traci	Cycling Power 8:15 AM Jamie STAGES	Cycling Beats 9:15 AM Jennifer STAGES	Cycling Power 10 AM Candice STAGES
Cycling Power 1:15 PM STAGES <i>Instructor-less</i>	Zumba 9:15 AM Theresia	Muscle Madness 9:15 AM Gail	Cycling Power 9:15 AM STAGES <i>Instructor-less</i>	Yoga 8:15 AM Patricia	Yoga Stretch 10:30 AM Patricia	Zumba Toning 10:30 AM Shannon
Yoga 3:30 PM Shomer	Cycling Beats 9:15 AM Jamie STAGES	Meet at the Barre 9:30 AM Mande	Power Yoga 9:30 AM Lia	Muscle Madness 9:15 AM Jennifer	Gut n' Butt 12:30 PM Tammy	
Please reserve your spot in class on the Iron Bound Gym App.	Cardio Muscle 10:15 AM Lynne	Yoga 10:30 AM Shomer	Muscle Pump 10:15 AM Mande	Meet at the Barre 9:30 AM Gail		
	Yoga 11 AM Lia		Cycling Beats 11:30 AM Jennifer STAGES	RAW 10:15 AM Lynne		
	Cycling Power 11:30 AM Jennifer STAGES					

Updated September 22, 2022

**Classes in Red are held across the street, Classes in Blue are part of Stages Studio Pro*

Iron-Bound Gym *Evening Class Schedule*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Meet at the Barre 4:15 PM Suzanne	Gut n' Butt 4:30 PM Tammy	Meet at the Barre 4:15 PM Suzanne	Simply Stretch 4:15 PM Tammy	Fun Friday Class 5:15 PM <i>Instructor & Class Rotates - Check the App for details</i>	
	Zumba 4:30 PM Tina	Zumba 5:30 PM Brandy/Jorge	Kicks, Jabs 'n Abs 4:30 PM Tina	Cardio Kick 4:30 PM Cindy	Cycling Power 5:30 PM STAGES <i>Instructor-less</i>	
	P80 5:30 PM Tabitha	Cycling Beats 5:30 PM Traci STAGES	Instructors Bike Class 4:30 PM	P90 5:30 PM Traci		
	Cycling Beats 5:30 PM Jennifer STAGES	Meet at the Barre 5:30 PM Mande	Row Camp 5:30 PM Scott	Cycling Power 5:30 PM STAGES <i>Instructor-less</i>		
	Yin Yoga 5:30 PM Patricia		Cycling Beats 5:30 PM Lynne STAGES	Meet at the Barre 5:30 PM Mande		
			Performance Yoga 6:30 PM Irene			

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All class descriptions are available on the Iron-Bound Gym App

All Class Reservations

Download our FREE app by searching Iron Bound Gym. Available in both Google Play and the App Store.

- You may reserve a spot in class beginning 49 hours prior to each class you wish to reserve.
- **UNREGISTER** at least 4 hours prior to class if you cannot attend so the next person on the waiting list may be notified and adjust their schedule. Unregistering within that time frame may result in the inability to register for classes in the future for a period of time.
- And most of all, enjoy your in-person classes and **HAVE FUN!**

IronboundGym.com