

# Iron-Bound Gym *Daytime Class Schedule*

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

Updated December 1, 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
	<b>Meet at the Barre</b> 4:15 PM Theresia	<b>Gut n' Butt</b> 4:30 PM Tammy	<b>Muscle Madness</b> 4:30 PM Tammy/Jennifer	<b>Simply Stretch</b> 4:15 PM Tammy	<b>Fun Friday Class</b> 5:15 PM <i>Instructor &amp; Class Rotates - Check the App for details</i>	
	<b>Zumba</b> 4:30 PM Tina	<b>Zumba</b> 5:30 PM Brandy/Jorge	<b>Cycling Power</b> 4:30 PM <b>STAGES</b> <i>Instructor-less</i>	<b>Cardio Kick</b> 4:30 PM Cindy	<b>Cycling Power</b> 5:30 PM <b>STAGES</b> <i>Instructor-less</i>	
	<b>P80</b> 5:30 PM Tabitha	<b>Cycling Beats</b> 5:30 PM Lynne <b>STAGES</b>	<b>Row Camp</b> 5:30 PM Scott	<b>P90</b> 5:30 PM Traci		
	<b>Cycling Beats</b> 5:30 PM Jennifer <b>STAGES</b>	<b>Meet at the Barre</b> 5:30 PM Mande	<b>Cycling Beats</b> 5:30 PM Jennifer <b>STAGES</b>	<b>Cycling Power</b> 5:30 PM <b>STAGES</b> <i>Instructor-less</i>		
	<b>Yin Yoga</b> 5:30 PM Patricia		<b>Performance Yoga</b> 6:45 PM Irene	<b>Meet at the Barre</b> 5:30 PM Mande		
				<b>Yoga</b> 7 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**