

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

Updated January 8, 2023

**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 Mande	Gut n' Butt 4:30 PM Tammy	Muscle Madness 4:30 PM Tammy/Jennifer	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	Cycling Power 4:30 PM STAGES <i>Instructor-less</i>	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 Lynne STAGES	Row Camp 5:30 PM Scott	P90 5:30 PM Traci		
	Cycling Beats 5:30 PM Jennifer STAGES	Meet at the Barre 5:30 PM Jacquie	Cycling Beats 5:30 PM Jennifer STAGES	Cycling Power 5:30 PM STAGES <i>Instructor-less</i>		
	Yin Yoga 5:30 PM Patricia		Performance Yoga 6:45 PM Irene	Meet at the Barre 5:30 PM Mande		
				Performance Yoga 6:45 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