

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

Updated March 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	Pilates Mat 4:15 PM Cindy	Simply Stretch 4:15 PM Tammy	Fun Friday Class 5:15 PM <i>Instructor & Class Rotates - Check the App for details</i>	
	Kicks, Jabs & Abs 4:30 PM Tina	Zumba 5:30 PM Jorge	Muscle Madness 4:30 PM Tammy/Jennifer	Cardio Kick 4:30 PM Cindy		
	P80 5:30 PM Tabitha	Cycling Beats 5:30 PM Lynne STAGES	Cycling Power 4:30 PM STAGES <i>Instructor-less</i>	P90 5:30 PM Traci	Cycling 5:30 PM STAGES <i>Instructor-less</i>	
	Cycling Beats 5:30 PM Jennifer STAGES	Meet at the Barre 5:30 PM Jacquie	Row Camp 5:30 PM Scott	Cycling Beats 5:30 PM STAGES Lynne		
	Yin Yoga 5:30 PM Patricia		Cycling Power 5:30 PM Jennifer STAGES	Meet at the Barre 5:30 PM Mande		
			BollyX LIT 6:30 PM Shannon	Performance Yoga 6:45 PM Irene		
			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