

IQ FITNESS

TIMETABLE

MONDAY	
6:30 AM	HYROX
9:30 AM	WOMEN'S WEIGHTLIFTING CLUB
6:30 PM	NITRO

TUESDAY	
6:30 AM	HATHA YOGA
9:30 AM	EMPOWERED! WOMEN'S ONLY CLASS
6:30 PM	HYROX
7:15 PM	KO BOX

WEDNESDAY	
6:30 AM	RISE & GRIND
9:30 AM	WOMEN'S WEIGHTLIFTING CLUB
6:30 PM	METCON

THURSDAY	
6:30 AM	SPORTS YOGA
9:30 AM	EMPOWERED! WOMEN'S ONLY CLASS
6:15 PM	KOBOX

FRIDAY	
6:30 AM	SWEAT B4 SUNRISE
9:30 AM	BARRELESS BODY CONDITIONING

SATURDAY	
7:00 AM	METCON
8:30 AM	SATURDAY SMACKDOWN
9:15 AM	STRETCH & MOBILITY
12:00 PM	IQ WARRIORS EVERY OTHER SATURDAY

SUNDAY	
9:15 AM	HEAT! TIME TO BURN