

IQ FITNESS

TIMETABLE

| MONDAY | |
|--------|----------|
| 6:30AM | MASH UP |
| 9:30AM | PEACHY |
| 6:00PM | ACTIVATE |
| | |

| TUESDAY | |
|---------|------------|
| 6:30AM | HATHA YOGA |
| 9:30AM | ENGINE |
| 6:30PM | HYROX |
| | |

| WEDNESDAY | |
|-----------|----------------------|
| 6:30AM | SMACKDOWN |
| 9:30AM | WOMENS WEIGHTLIFTING |
| 6:15PM | METCON |
| 7:00PM | SWEATBOX |

| THURSDAY | |
|----------|-----------------------|
| 6:30AM | HATHA YOGA |
| 9:30AM | ACTIVATE |
| 10:15AM | WOMEN'S WEIGHTLIFTING |
| 6:30PM | HYROX |

| FRIDAY | |
|--------|------------------|
| 6:30AM | SWEAT B4 SUNRISE |
| 9:30AM | SCULPT |

| SATURDAY | |
|----------|--------------------|
| 7:00AM | METCON |
| 8:30AM | SMACKDOWN |
| 9:20AM | STRETCH & MOBILITY |

| SUNDAY | |
|--------|-------|
| 9:15AM | HEAT! |