

IQ FITNESS

TIMETABLE

MONDAY	
6:30AM	MASH UP
9:30AM	PEACHY
6:00PM	SWEATBOX

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!