



IT FIGURES FITNESS

WOMEN EMPOWERING WOMEN

CLASS SCHEDULE

Mondays:

W.O.D. 8AM - 7:30PM
STEP AND TONE 9AM
ZUMBA 10:30AM
STRENGTH & TONE 5:15PM
YOGA 6PM
STRICTLY STRENGTH 630PM

Tuesdays:

W.O.D. 8AM - 7:30PM
INTERVAL TRAINING 9AM
ZUMBA 5PM
BARRE ABOVE 5:45PM
CIRCUIT TRAINING 6PM
ABS 7PM
BEGINNER YOGA 7PM

Wednesdays:

W.O.D. 8AM - 7:30PM
CORE & MORE 9AM
ZUMBA 10:30AM
20/20/20 5PM
WEIGHT TRAINING 6PM
WARMYOGA DETOX 7PM

Thursdays:

W.O.D. 8AM - 7:30PM
STRENGTH & COND. 9AM
ZUMBA 6PM
INTERVAL 7PM
W.O.D. OF THE DAY 7-8PM
TAI CHI WKSHOP 7PM

Fridays:

W.O.D. 8AM - 7:30PM
CORE AND MORE 9AM

Saturdays:

YOGA 7:30AM
ZUMBA 8:30AM
CARDIO TONE 9:30AM
WORKOUT OF THE DAY 10:30-12PM

Sundays:

INTERVAL 9AM
WORKOUT OF THE DAY 10AM-12PM

Hours

Mon 8:00am – 8:00pm
Tue 9:00am – 8:00pm
Wed 8:00am – 8:00pm
Thu 8:00am – 8:00pm
Fri 8:00am – 7:00pm
Sat 8:00am – 12:00pm
Sun 9:00am – 12:00pm

SIGN UP ON OUR WEBSITE
ITFIGURESPHILLY.COM/SCHEDULE
(OR THE MINDBODY APP)
OR CALL 215-464-3004
TO RESERVE YOUR SPOT