

IRON ROSE FITNESS

CLASS SCHEDULE

TIME	MON	TUE	WED	THU	FRI	SAT
5:30 AM		BOOTCAMP		BOOTCAMP		
6:00 AM	BOOTCAMP		BOOTCAMP		BOOTCAMP	
9:00 AM						BOOTCAMP
5:30 PM		BOOTCAMP		BOOTCAMP		
6:00 PM			STRETCH & FLEX*			

*This class is only offered every other week

