

ICONFIT

Class Schedule | July 2024

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Shredded: This class will take you to the edge of exhaustion & keep you there for the duration. Mix of HIIT, Tabata, Strength Training to get you shredded.

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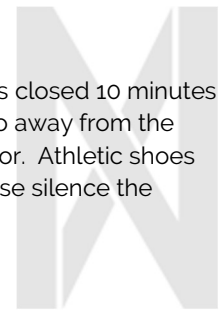
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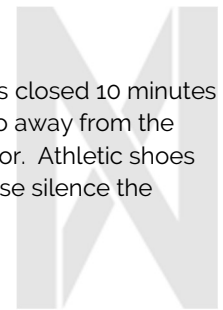
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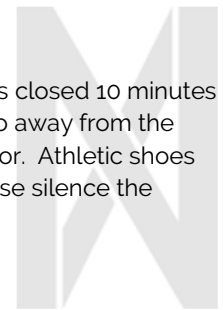
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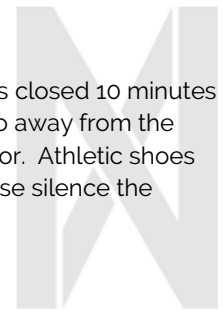
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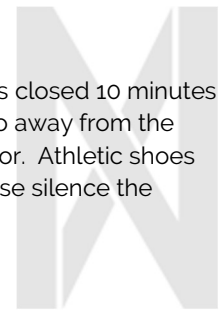
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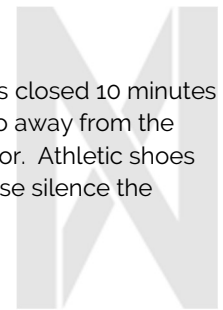
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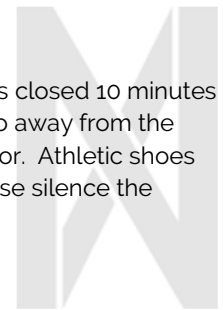
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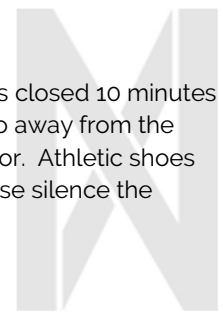
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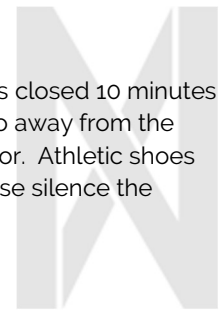
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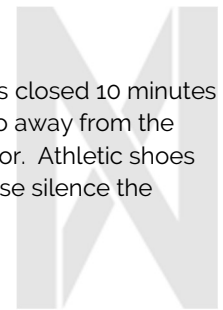
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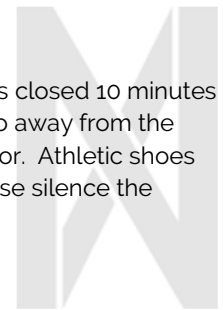
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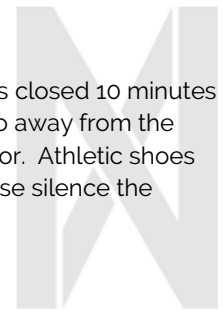
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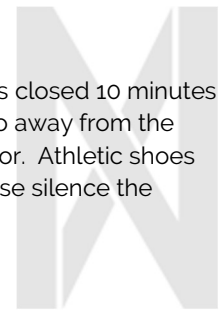
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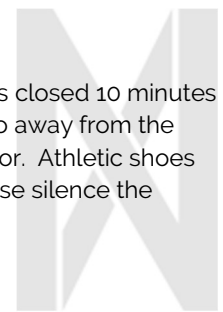
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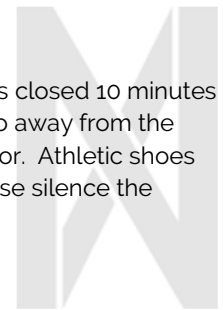
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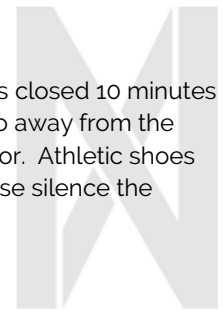
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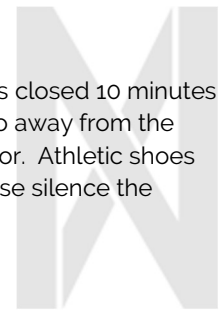
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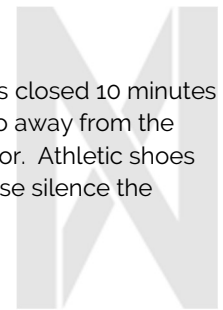
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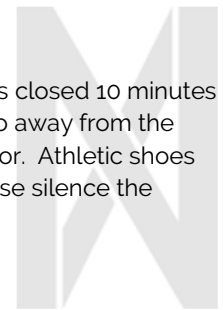
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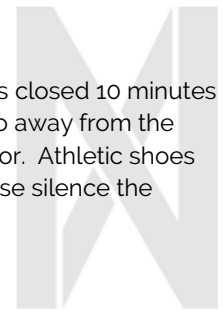
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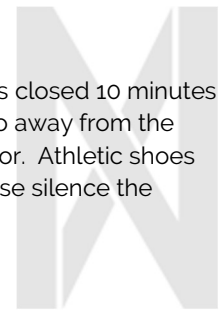
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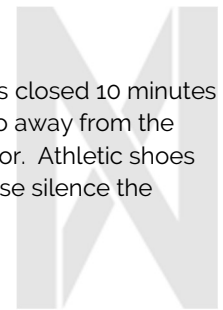
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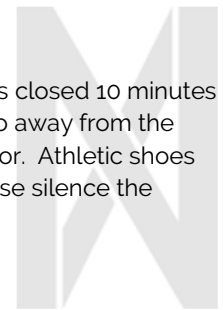
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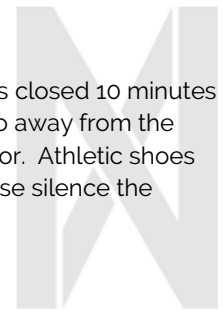
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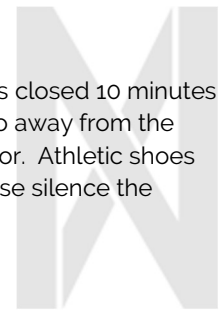
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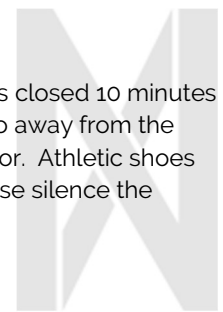
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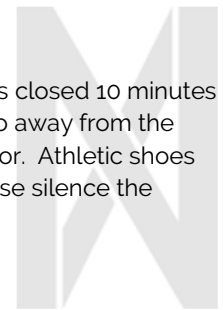
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Yin Yoga: A slower-paced, more meditative version of yoga. Poses are held for a longer period to target the connective tissue.

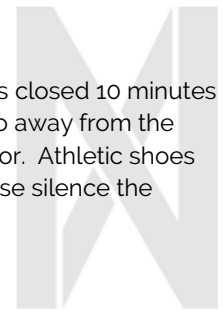
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ICONFIT

Class Schedule | July 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio 1	Studio 1	Studio 1	Studio 1	Studio 1	Studio 1	Studio 1
<p>6:00pm-6:50pm POP-UP CLASS TBA</p> <p>7:45pm-8:55pm Kung Fu - Larry</p>	<p>7am - 7:45 am Melt - Iku</p> <p>6:30pm-7:30pm ***Kickboxing - Steven</p>	<p>6:00pm-6:50pm POP-UP CLASS TBA</p> <p>7:45pm-8:55pm Kung Fu - Larry</p>	<p>7am - 7:45 am Melt - Iku</p> <p>8am-8:50am Cardio Dance - Iku</p> <p>6:30pm-7:30pm ***Kickboxing - Steven</p>	<p>7am - 7:45 am Melt - Iku</p> <p>5:30pm-6:30pm ***Kickboxing - Steven</p> <p>7:45pm-8:55pm Kung Fu - Larry</p>	<p>8:30am-9:15am Melt - Iku</p> <p>9:20am-10:15am Cardio Dance - Iku</p> <p>10:30am-11:30am ***Boxing- Jill M</p>	<p>10:30am -11:20am ***Boxing - Steven</p>
Studio 2	Studio 2	Studio 2	Studio 2	Studio 2	Studio 2	Studio 2
<p>12pm-1pm Cardio Barre – Renay</p> <p>6:30pm-7:30pm YogaFlow - Alex</p>	<p>8am-9am Mat Pilates - Iku</p> <p>6:15pm - 7pm Cycle - TC</p>	<p>12pm-1pm Cardio Barre – Renay</p> <p>6:40pm-7:40pm YogaFlow - Bria</p>	<p>6pm-7pm YogaFlow - Bria</p>	<p>8am-9am Mat Pilates - Iku</p> <p>12pm-1pm Cardio Barre – Renay</p> <p>6:15pm-7:30pm Yoga -Belinda</p>	<p>2pm-3:30pm Yoga - Belinda</p> <p>***Boxing Gloves Required</p>	<p>10am - 11:30pm Yin Yoga - Rob</p> <p>Follow us on IG for POP-UP CLASS notifications</p> <p>@icon.fit</p>

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Group Training @ IconFit

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Shredded: This class will take you to the edge of exhaustion & keep you there for the duration. Mix of HIIT, Tabata, Strength Training to get you shredded.

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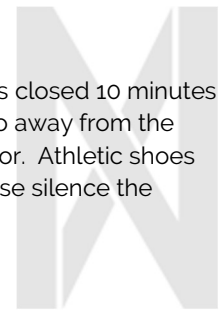
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