ICONFIT

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO 1	**STUDIO 1**	**STUDIO 1**	**STUDIO 1**	**STUDIO 1**	**STUDIO 1**	**STUDIO 1**
5:45pm-6:30pm Shredded - Sophia **7:45pm-8:55pm** Kung Fu - Larry	**7am- 7:45am** Melt - Iku **6:30pm - 7:30pm** ***Kickboxing - Steven	**5:45pm-6:30pm** Shredded - Sophia **7:45pm-8:55pm** Kung Fu - Larry	**7am- 7:45am** Melt - Iku **8am-8:50am** Tai Chi - Iku **6:30pm - 7:30pm** ***Kickboxing - Steven	**7am- 7:45am** Melt - Iku **5:30pm -6:20pm** ***Kickboxing - Steven **7:45pm-8:55pm** Kung Fu - Larry	**8:30am-9:15am** Melt - Iku **9:20am-10:15am** Cardio Dance - Iku **10:30am-11:30am** *** Boxing - Jill	
STUDIO 2	**STUDIO 2**	**STUDIO 2**	**STUDIO 2**	**STUDIO 2**	**STUDIO 2**	**STUDIO 2**
12pm-1pm Cardio Barre - Gabriella **6:30pm-7:30pm** Yoga Flow - Alex	**8am-9am** Mat Pilates - Iku **6:15pm - 7pm** Cycle + Abs - TC	**12pm-1pm** Cardio Barre - Gabriella **6:45pm- 8pm** Yoga Flow - Bria	**6pm-7:15pm** Yoga Flow - Bria	**8am-9am** Mat Pilates - Iku **12pm-1pm** Cardio Barre - Gabriella **6:15pm-7:30pm** Yoga - Belinda	**2pm-3:30pm** Yoga - Belinda ***BOXING GLOVES REQUIRED	**Follow us on IG for POP UP-CLASS notifications**

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