ICONFIT

Class Schedule | October 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 - TC **6:40pm-7:30pm** KM Level 2/3 - Micky **7:45pm-8:55pm** Kung Fu - Larry	**7am-7:45am** Melt - Iku **11am-11:50am** KM Bag*** - Gabe **12pm-12:50pm** KM Level 2/3 - Gabe **5:30pm-6:20pm** KM Bag*** - Karlton F **6:30pm-7:30pm** Kickboxing*** - Steven **7:40pm-8:30pm** KM Level 3 - Kelly	**12pm-12:50pm** KM Level 1/2 - Tyler **5:45pm-6:30pm** Shredded - TC **6:40pm-7:30pm** Combatives - Reggie **7:40pm-8:30pm** Fight Fundamentals - Reggie **8pm-8:50pm** ***in the Boxing Ring** KM Level 3 - Christian	**7am-7:45am** Melt - Iku **8am-9am** Tai Chi - Iku **11am-11:50am** KM Bag*** - Gabe **12pm-12:50pm** KM Level 2/3 - Gabe **5:30pm-6:20pm** Combatives - Reggie **6:40pm-7:30pm** Krav Maga Basics-Reggie **7:40pm-8:30pm** KM Level 2 - Reggie	**7am-7:45am** Melt - Iku **11am-11:50am** KM Level 2/3 - Gabe **12pm-12:50pm** KM Bag*** - Gabe **5:30pm-6:30pm** Kickboxing*** - Steven **6pm-6:50pm** ***In the Boxing Ring** KM Level 1/ 2 - Kelly **7:45pm-8:55pm** Kung Fu - Larry	**8:30am-9:20am** KM Bag*** - Molly W **9:30am-10:20am** KM Level 1/2 - Micky **10:30am-11:30am** Boxing*** - Cheyne **11:30am-12:20pm** Fight Fundamentals - Chris **12:30pm-1:20pm** KM Level 2/3 - Chris	**9:30am-10:20pm** Combatives- Oscar **10:30am-11:20am** KM Level 2/3 - Oscar
STUDIO 2	**STUDIO 2**	**STUDIO 2**	**STUDIO 2**	**STUDIO 2**	**STUDIO 2**	**STUDIO 2**
12pm-1pm Cardio Barre - Gabriella **5:30pm-6:20pm** KM Level 1 - Micky **6:30pm-7:45pm** Yoga Flow - Belinda	**8am-9am** Mat Pilates - Iku **6:30pm-7:20pm** ***In the Boxing Ring** KM Level 4/5 - Kelly **6:30pm-7:20pm** KM Level 1 - Karlton **7:40pm-8:30pm** KM Level 2 - David	**12pm-1pm** Cardio Barre - Gabriella **5:30pm-6:20pm** Krav Maga Basics-Reggie **5:30pm-6:20pm** ***In the Boxing ring** KM Level 2 - Christian **6:30pm-7:45pm** Yoga Flow - Bria **7:50pm-8:55pm** Kung Fu - Larry	**6:30pm-7:20pm** ***In the Boxing Ring** Muay Thai - Cheyne **6:30pm-7:45pm** Yoga Flow - Bria **7:40pm-8:30pm** ***In the Boxing Ring** KM Level 4/5 - Kelly	**8am-9am** Mat Pilates - Iku **12pm-1pm** Cardio Barre - Gabriella **5pm-5:50pm** KM Level 3 - Kelly **6:15pm-7:30pm** Yoga - Belinda	**8:30am-9:15am** Melt - Iku **9:30am-10:20am** Cardio Dance - Iku **10:30am-11:20am** KM Level 4/5 - Chris **2pm-3:30pm** Yoga - Belinda	***** Boxing gloves required**

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Krav Maga @ IconFit

Self Defense Class: KM Level 1:

This entry-level class is designed for all new Krav Maga students. The goal of the class is to teach the basics of self-defense and fighting. Students

will learn Krav Maga's fighting stance, movement, various punches, and kicks from a standing position as well as from on the ground. Additional how to defend against punches, chokes, headlocks, and wrist grabs.

Fight Training @ IconFit

Boxing: A cardiovascular, addictive workout that takes you through a professional fighter's routine: bag work, shadow boxing, upper and lower body conditioning, ab work, and flexibility training. Boxing gloves required.

Kickboxing: Similar to boxing but adds the lower body through kicks - a high-calorie-burning, stress-releasing workout. Boxing gloves required.

Thai Pads: Partner-based Muay Thai pad work drilling strikes, knees, and kicks for sharper technique, real power, and serious conditioning.

Kung Fu: A practical self-defense system teaching the techniques of this ancient martial art while building confidence, cardio, and focus. An upbeat, friendly way to learn.

Group Training @ IconFit

Melt: A high-intensity, full-body weight training and cardio class that builds stronger muscles and joints while keeping your heart rate up.

Shredded: This class takes you to the edge of exhaustion and keeps you there - a mix of HIIT, Tabata, and strength training to get you shredded.

Cardio Dance: A fun dance cardio workout with adrenaline-based beats to get your groove on while toning and sculpting your body.

Cardio Barre: Body sculpting and barre work with cardio bursts that rev up your metabolism and leave you long and lean.

Tai Chi: A gentle practice combining slow movements, breathing, and mindfulness to improve balance, flexibility, and overall wellbeing. Suitable for all ages and fitness levels.

Yoga + Pilates @ IconFit

Yoga: A challenging workout using static and fluid postures to increase flexibility and maintain range of motion while releasing stress and fatigue. All levels welcome.

Yoga Flow: All of the above and then some - fluid movement between poses for a more challenging experience. Every pose can be modified, so all levels are welcome.

Mat Pilates: An exercise discipline that strengthens the center of the body through slow, progressive movements that lengthen and strengthen while increasing flexibility. All levels welcome.

Class Policies

For your safety & In consideration of others: 1. Please mention any physical limitations to the instructor prior to the start of class. 2. Class is closed 10 minutes after the start time. 3. When entering a class late, please begin in the back of class. 4. If you are modifying choreography, please do so away from the front of the class. 5. If you will be leaving class early, please leave as quietly as possible. 6. Street shoes are not permitted on the studio floor. Athletic shoes only. 7. Please respect classes in progress, keep voices down inside & outside the classroom door. 8. If you must bring a cell phone, please silence the ringer. Comments and questions: info@iconfit.com