ICONFIT

December 2025

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**

ICONFIT

Group Training @ IconFit

Melt: A high-intensity, full body weight training and cardio class that will not only help you build stronger muscles & joints but will keep your heart rate up!

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.

Cardio Dance: A fun dance cardio workout! 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 will rev up your metabolism and get you long and lean.

Tai Chi: A gentle practice combining slow movements, breathing, and mindfulness. It helps improve balance, flexibility, and overall well-being. Studies show Tai Chi can reduce stress, lower blood pressure, and support heart and joint health. Suitable for all ages and fitness levels.

Fight Training @ IconFit

Boxing: A workout that is both cardiovascular and addictive. You'll go through a professional fighter's routine that will involve bag work, shadow boxing, lower and upper body conditioning, ab work and flexibility training.

Kickboxing: Similar to boxing class but includes more of the lower body by using kicks - a high calorie burning, stress releasing workout.

Kung Fu: A practical self-defense system. This class will teach you the technique of this ancient martial art and in addition, you'll build confidence, increase your cardio, and sharpen your focus. Join in for an upbeat, fun, and friendly way to learn martial arts.

Yoga + Pilates @ IconFit

Yoga: A challenging workout using static and fluid postures. Increases your flexibility and maintains the range of motion in your joints. Creates a stronger body while releasing stress and fatigue. All levels are welcome.

Yoga Flow: All of the above and then some! This workout incorporates fluidity of movement between poses, which makes for a more challenging experience. All poses can be modified.....so all levels are welcome!

Mat Pilates: An exercise technique that began as a safe way to rehabilitate injuries has evolved into a workout discipline to strengthen "the center" of the body. Slow, progressive exercises work to lengthen and strengthen while increasing flexibility. All levels welcome.

Cycle @ IconFit

Cycle: An intense 45-minute cardio workout on a stationary bike, based on cycling principles. Classes emphasize technique with a focus on cadence, heartrate zones, climbs and sprints that are fun, challenging and designed to leave you drenched with sweat!

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 will be modifying choreography, please do so away from the front of the class. 5. If you will be leaving class early, please exit 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