

BOOTCAMP SCHEDULE

IRON ROSE FITNESS

MON	TUE	WED	THU	FRI	SAT
5:15 AM		5:15 AM			
	5:30 AM		5:30 AM		
6:00 AM		6:00 AM		6:00 AM	
7:00 AM		7:00 AM		7:00 AM	7:00 AM
					9:00 AM
	5:30 PM		5:30 PM		
6:30 PM			6:30 PM		

DROP-IN CLASS: \$25

4-PACK: \$80

UNLIMITED CLASSES: \$130/MONTH