

IGUANA ATHLETIC CENTER SCHEDULE

FITNESS CLASSES \$20 DROP IN CLASSES (plus tax)

Time	Location	Monday Class	Tuesday Class	Wednesday Class	Thursday Class	Friday Class	Saturday Class	Sunday
7:00 AM	Gym	Strength Training	Strength Training	Functional Training	Strength Training	Strength Training	Functional Training	
8:00 AM	South Studio	Kickboxing					Kickboxing	
10:15 AM	South Studio						Kids Karate	
12:00 PM	Gym	Strength Training	Strength Training	Functional Training	Strength Training	Strength Training	Functional Training	
	South Studio	Circuit Training	Circuit Training		Circuit Training	Circuit Training		
3:00 PM	South Studio		Boxing		Boxing			
4:00 PM	Gym	Functional Training	Functional Training		Functional Training	Functional Training		
5:00 PM	Gym	Functional Training	Functional Training	Functional Training	Functional Training	Functional Training	Functional Training	
	South Studio	Circuit Training	Circuit Training		Circuit Training	Circuit Training		
6:00 PM	Gym	Strength Training	Strength Training	Functional Training	Strength Training	Strength Training	Functional Training	

OPEN GYM HOURS - \$15 DROP IN FEE (plus tax)

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM - 12:00PM	GYM	Open	Open	Open	Open	Open	Open	
1:00 PM - 4:00PM	GYM	Open	Open	Open	Open	Open	Open	8:00am - 7:00pm
4:00 PM - 5:00PM	GYM			Open			Open	
7:00 PM - 8:00PM	GYM	Open	Open	Open	Open	Open	Open	

YOGA \$15 DROP IN FEE (plus tax)

Time	Location	Monday Class	Tuesday Class	Wednesday Class	Thursday Class	Friday Class	Saturday Class	Sunday
9:15 AM	South Studio	Yoga all levels					Yoga all levels	
9:15 AM	North Studio		Yoga all levels	Yoga all levels	Yoga all levels	Yoga all levels		
10:30 AM	North Studio	Yoga all levels	Yoga all levels	Yoga all levels	Yoga all levels	Yoga all levels	Yoga all levels	
12:00 PM	North Studio	Restorative Yoga	Restorative Yoga	Restorative Yoga	Restorative Yoga	Restorative Yoga	Restorative Yoga	

NOSARA BRAZILIAN JIU JITSU \$15 DROP IN FEE (plus tax)

Time	Location	Monday Class	Tuesday Class	Wednesday Class	Thursday Class	Friday Class	Saturday	Sunday
8:00 AM	South Studio		Jiu Jitsu	Jiu Jitsu	Jiu Jitsu No Gi	Jiu Jitsu		
3:30 - 4:30 PM	North Studio	Jiu Jitsu Kids		Jiu Jitsu Kids		Jiu Jitsu Kids		
3:30 - 4:30 PM	South Studio	Jiu Jitsu Kids		Jiu Jitsu Kids		Jiu Jitsu Kids		
6:00 PM	South Studio	Competition Jiu Jitsu		Competition Jiu Jitsu	Jiu Jitsu No Gi	Competition Jiu Jitsu		
7:00 PM	South Studio	Jiu Jitsu	Jiu Jitsu No Gi	Jiu Jitsu		Jiu Jitsu		