IVA Class Schedule (Fall 2026)

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Early Morning	5:30 am Total Body Interval		5:30 am Total Body Interval		5:30 am Total Body Interval		
Mid-morning	9:00 am Barbell Strength	8:00 am Horsepower Functional Circuit	8:45 am Power Bootcamp	8:30 am Mat Pilates	8:00 am Horsepower Functional Circuit	8:30 am HIIT Bootcamp	8:00 am Total Body Strength
	9:00 am Ladies Who Lift *	8:45 am Cardio Power	9:00 am Ladies Who Lift *	9:00 am Ladies Who Lift *	9:00 am Ladies Who Lift *	9:30 am Adult MMA	9:15 am Family Plyos & Power
	10 am Power Yoga	9:00 am Ladies Who Lift *		10:00 am Learn to Lift	9:15 am Barbell Strength		
		10:00 am Learn to Lift		11:00 am Yoga Stretch			
		4:30- 5:15 Youth MMA (7+)		4:30- 5:15 Youth MMA (7+)			
Evening	4:30 pm Speed and Agility	5:00 pm Youth Powerlifting	4:30 pm Speed and Agility	5:00 pm Youth Powerlifting			
	5:15 pm Youth Boxing (8+)	5:30 pm Boxing	5:15 pm Youth Boxing (8+)	5:15 pm Barre Fitness			
	6:00 pm Bootcamp	6:30 pm Adult MMA	6:00 pm Bootcamp	5:30 Boxing			
			6:30 pm Adult MMA	6:30 pm Restorative and Peaceful Poses			

* Incurs an additional cost; not included with membership