

# THE IROCK 6 DAY *Hustle*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STAMINA	STAMINA	POWER	POWER	FUSION	FUSION

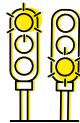
## ENDURANCE INTERVALS

Stamina workouts are developed using various cardio equipment and full-body movements through a range of timing and tempo techniques. Stamina will kick your aerobic and anaerobic systems into overdrive.

### ENDURO



### RED LIGHT GREEN LIGHT



### CHOP CHOP



### R.P.M.



### WHITE KNUCKLE



### THE G.O.A.T.



## STRENGTH

Power workouts are designed to increase lean muscle and create long-lasting caloric burn well after the workout is over. Combinations of high-volume strength movements are guaranteed to give your muscles a run for their money.



### FULL FRONTAL



### SHOOTS 'N LADDERS



### ARMADILLO



### ATLAS



### EPIC FAIL



### AROUND THE HORN

## ENDURANCE & STRENGTH BLEND

Fusion workouts are created by harnessing the best of Power and Stamina - whipped up into the perfect blend. This bad boy will get your heart and muscles pumping and calories burning - no doubt about it.

### THE DISTANCE



### COMBINE



### CLOCKWORK



### GUT CHECK



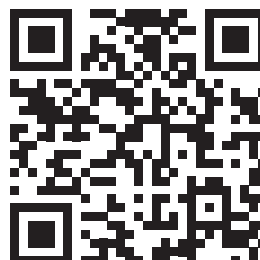
### 2 VERSUS 2



### THE O.G.



LEARN MORE ABOUT  
THE WORKOUTS



Scan the QR for more details on ALL of our awesome workout formats!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AM</b>	5:30	5:30	5:30	5:30	5:30	7:00
	6:30	6:30	6:30	6:30	6:30	8:00
	8:30	8:30	8:30	8:30	8:30	9:00
	9:30	9:30	9:30	9:30	9:30	10:00
						INTRO WORKOUT
<b>PM</b>	12:00 <small>30 MIN</small>	12:00 <small>30 MIN</small>	12:00 <small>30 MIN</small>	12:00 <small>30 MIN</small>	12:00 <small>30 MIN</small>	
	4:15	4:15	4:15	4:15	4:15	
	5:15	5:15	5:15	5:15	5:15	
	6:15	6:15	6:15	6:15		

**60 MIN**

NEW- Added back-to-back class times. Be sure to book for your classes. Notify us if you'll be arriving later than expected.

**30 MIN**

30 Minute - Perfect mid-day "pick me up" workout curated for weekday warriors with busy schedules. Rock your workout, grab a shake, and get back to your day.

**INTRO  
WORKOUT**

Need to brush up? Just getting started? Count on us! Meet your team, get a guided tour, learn the moves, and have fun inside a short workout. After class, enjoy a free smoothie! Free for first timers!

## PAY WEEKLY! OR GO CLASS PACK

**UNLIMITED WEEKLY**  
COMMITMENT FREE.

Includes full access to Fitness U + Free Baby-sitting service

**\$24<sup>50</sup>**

**10 CLASS PACK**  
**\$200**



**FREE**  
**WEEK**  
**PASS**