

FOUR BARREL FITNESS

GROUP CLASS SCHEDULE

JUNE 2020

NEW ALBANY

Mon	Tue	Wed	Thu	Fri	Sat	Sun
WOD 6am	WOD 6am	WOD 6am		WOD 6am	WOD 8am	WOD 1pm
4B:30 8am		4B:30 8am		4B:30 8am	WOD 9:30 am	
WOD 9am	WOD 9am	WOD 9am	Yoga 9am (online)	WOD 9am		
WOD Noon	WOD Noon	WOD Noon		WOD Noon		
Teens 2:30pm	Longevity 2:45pm (online)	Teens 2:30pm	Longevity 2:45pm (online)	Teens 2:30pm		
WOD 4pm	WOD 4pm	WOD 4pm		WOD 4pm		
WOD 6pm	WOD 6pm	WOD 6pm	Weightlifting 5pm	WOD 6pm		

Open Gym Hours

Mon - Wed, 1pm - 4pm

Fri, 1pm - 4pm

Sat, 10:30am - 12pm

Sun, 2pm - 4pm

**Book a Free Intro
at 4Bfit.com**

*Thanks for your patience as we reopen and adapt to the ever evolving covid pandemic, social distancing standards, and sanitization requirements.



322 Mt Tabor Rd, New Albany
502-509-3801
www.4bfit.com

