

FOUR BARREL FITNESS

GROUP CLASS SCHEDULE

This schedule starts
November 2nd, 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
WOD 6am	WOD 6am	WOD 6am		WOD 6am	WOD 8am	WOD 1pm
WOD 7:15 am		WOD 7:15 am		WOD 7:15 am	WOD 9:30 am	
4B:30 8:15 am		4B:30 8:15 am	Yoga 9am (online)	4B:30 8:15am		
WOD 9am	WOD 9am	WOD 9am	WOD 9am	WOD 9am		
WOD Noon	WOD Noon	WOD Noon		WOD Noon		
Teens 3pm	Longevity 2:45pm	Teens 3pm	Longevity 2:45pm	Teens 3pm		
WOD 4pm	WOD 4pm	WOD 4pm		WOD 4:15pm		
WOD 5:15pm	WOD 5:15pm	WOD 5:15pm	Weightlifting 5pm	WOD 5:30pm		
WOD 6:30pm	WOD 6:30pm	WOD 6:30pm				

Additional Online Classes

Live Zoom WOD
Mon, Tue, Wed, Fri @ Noon

Prerecorded Video Class
Mon, Tue, Wed, Fri, Sat
(viewable anytime)

Open Gym Hours

Mon - Wed, 10am-12pm, 1pm-4pm
Fri, 10am-12pm, 1pm-4pm
Sat, 10:30am - 12pm
Sun, 2pm - 4pm

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



322 Mt Tabor Rd, New Albany
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www.4bfit.com

