



Every Monday

Yoga Six 4s Ranch:

10:00am-10:30am
16625 Dove Canyon Rd.
San Diego, CA 92127

Frazier Farms Oceanside:

3:30pm-4:30pm
1820 Oceanside Blvd.
Oceanside, CA 92054

Frazier Farms Vista:

5:00pm-6:30pm
225 Vista Village
Vista, CA 92083

Every 2nd & 4th Thursday of the Month

99 Jiu-Jitsu HQ:

6:00pm – 8:00pm
4425 Convoy St #210, San Diego, CA 92111

Every Friday

FWRD+ Fitness:

9:15am – 9:30am **ONLY**
11305 Rancho Bernardo Rd
San Diego, CA 92127

Nutrition Place:

11:00am – 2:00pm
345 Third Ave
Chula Vista, CA 91910

Every 2nd & 4th Friday of the Month

Yoga Six Solana Beach:

11:30am – 11:50am
437 Hwy 101 Ste 401
Solana Beach, CA 92075

Come By Our Office for Injections

Rancho Bernardo
11828 Bernardo Plaza Ct
San Diego, CA 92128

Monday – Thursday 9:00am-4:30pm
Friday 9am - 2:30pm
For more information, please visit our website!
www.atmyprime.com

Vitamin Injections

Shots starting at \$25
No Appointment Needed

***NEW* Friday April 25th & Saturday April 26**

Orangetheory Fitness:

7:30am – 10:30am
16445 Paseo Del Sur suite e-105

Every Saturday

Frazier Farms La Mesa:

9:30am - 11:30am
8401 Fletcher Pkwy
La Mesa, CA 91942

Bonita Farmers Market:

12:30pm - 2:00pm
5080 Bonita Rd
Bonita, CA 91902

1st and 3rd Saturday of the Month

F45 4s Ranch

8:15am **ONLY**
16625 Dove Canyon Rd #105
San Diego, CA 92127

2nd Saturday of the Month

F45 Carmel Mountain

8:15am **ONLY**
11467 Carmel Mountain Rd
San Diego, CA 92128

4th Saturday of the month

F45 Rancho Penasquitos

8:00am **ONLY**
13289 Black Mountain Rd
San Diego, CA 92129

