



Vitamin Injections

Shots starting at \$25
No Appointment Needed

Every Monday

Yoga Six 4s Ranch: 8:45am
& 10am
16625 Dove Canyon Rd

Yoga Six Carlsbad: 9:30am -
11:00am
1905 Calle Barcelona Suite
238

Yoga Six Solana Beach:
11:30am - 1:30pm
437 Hwy 101 Suite 401

Frazier Farms Oceanside:
3:30pm-4:30pm
1820 Oceanside Blvd.

Frazier Farms Vista:
5:00pm-6:30pm
225 Vista Village

Every Friday

FWRD+ Fitness: 9:15am –
10:30am
11305 Rancho Bernardo Rd

Nutrition Place
11:00am – 2:00pm
345 Third Ave

Every Saturday

Frazier Farms La Mesa
9:30am - 11:30am
8401 Fletcher Pkwy

Bonita Farmers Market
12:30pm - 2:00pm
5080 Bonita Rd

1st and 3rd Saturday of the Month

F45 4s Ranch: 8:15am &
9:30a
16625 Dove Canyon Rd #105

2nd Saturday of the Month

F45 Carmel Mountain:
8:15am & 9:30am
11467 Carmel Mountain Rd

4th Saturday of the month

F45 Rancho Penasquitos:
8:00am & 9:15am
13289 Black Mountain Rd

COME BY OUR OFFICE FOR INJECTIONS

RANCHO BERNARDO

11828 Bernardo Plaza Ct
Monday- Thursday
9am-4:30pm
Friday 9am-2:30pm

For more information, please visit our website!

www.atmyprime.com