



Every Monday

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 Tuesday:

Frazier Farms La Mesa

11:30am -1:30pm
8401 Fletcher Pkwy
La Mesa, CA 91942

1ST, 3RD & 5TH Tuesday of the Month

The Studio by Catalyst

9:30am-11:00am
16473 Bernardo Center Dr
San Diego, CA 92128

Every Friday

FWRD+ Fitness:

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

Every Friday

Nutrition Place

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

Yoga Six 4s Ranch:

Call the office for pop up date/ times
16625 Dove Canyon Rd.
San Diego, CA 92127

Vitamin Injections:

Shots starting at **\$25**

No Appointment Needed

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



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

858-675-7072