

**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

1ST, 3RD & 5TH Tuesday of the Month**The Studio by Catalyst**

9:30am-1:00am
16473 Bernardo Center Dr
San Diego, CA 92128

2nd & 4th Wednesday of the Month**99 Jiu-Jitsu HQ**

6:00pm – 7:00pm
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

Every Friday**Nutrition Place**

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

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

Fridays: July 18 & 25, Aug 15 & 29, Sept 12 & 26**Yoga Six Solana Beach:**

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

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

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

