

**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 2<sup>nd</sup> & 4<sup>th</sup> 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 2<sup>nd</sup> & 4<sup>th</sup> Friday of the Month****\*\*No Shots on May 9****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](http://www.atmyprime.com)

**Vitamin Injections**

Shots starting at \$25

No Appointment Needed

**\*NEW\* Friday April 25<sup>th</sup> & 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

**1<sup>st</sup> and 3<sup>rd</sup> Saturday of the Month****F45 4s Ranch**

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

**2<sup>nd</sup> Saturday of the Month****F45 Carmel Mountain**

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

**4<sup>th</sup> Saturday of the month****F45 Rancho Penasquitos**

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

