



Vitamin Injections

Shots starting at \$25

No Appointment Needed

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

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 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

2nd and 4th Friday of the Month

Yoga Six Solana Beach:

1:00pm – 1:30pm

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

Bonita, CA 91902

1st and 3rd Saturday of the Month

F45 4s Ranch

8:15am & 9:30am ****ONLY****

16625 Dove Canyon Rd #105

San Diego, CA 92127

2nd Saturday of the Month

F45 Carmel Mountain

8:15am & 9:30am ****ONLY****

11467 Carmel Mountain Rd

San Diego, CA 92128

4th Saturday of the month

F45 Rancho Penasquitos

8:00am & 9:15am ****ONLY****

13289 Black Mountain Rd

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