

**FREE CLASSES. PLEASE LOG INTO YOUR ACCOUNT AT [WWW.NRGGYM.COM](http://WWW.NRGGYM.COM) & BOOK ONLINE  
BE BRAVE, HAVE FUN AND GET INVOLVED. WE ARE HERE TO HELP YOU AND MOTIVATE YOU**

| TIME  | MONDAY            | TUESDAY           | WEDNESDAY              | THURSDAY                | FRIDAY                 | SATURDAY          |
|-------|-------------------|-------------------|------------------------|-------------------------|------------------------|-------------------|
| 10.00 | BOOTY-CAMP 60 MIN | SPEED SPIN 30 MIN | LADIES CIRCUITS 20 MIN | LADIES QUICK ABS 20 MIN | LADIES CIRCUITS 20 MIN |                   |
| 10.30 |                   | BOXERCISE 45 MIN  |                        |                         |                        |                   |
| 11.00 | QUICK ABS 20MIN   |                   |                        |                         |                        |                   |
| 11.30 |                   |                   |                        |                         |                        | SPEED SPIN 30 MIN |
| 12.00 |                   |                   |                        |                         |                        | QUICK ABS 20MIN   |
| 13.30 |                   |                   |                        |                         | BOXERCISE 30 MIN       |                   |
| 18.30 | SPIN 60 MIN       | SPIN 60 MIN       | BOXERCISE 45 MIN       | BOOTY-CAMP 45MIN        |                        |                   |
| 19.00 |                   |                   |                        |                         | KETTLECISE 30 MIN      |                   |
| 19.30 | STRONG 45MIN      | BOOTY-CAMP 45MIN  | FAT BURN 30MIN         | SPEED SPIN 30 MIN       |                        |                   |
| 20.00 |                   |                   | QUICK ABS 20MIN        | QUICK ABS 20MIN         |                        |                   |
| 20.15 | ZUMBA 45 MIN      | STRONG 45MIN      |                        |                         |                        |                   |

ALL CLASSES EXCEPT LADIES ONLY

AND KETTLECISE ARE LOCATED UPSTAIRS IN THE STUDIO

