

**FREE CLASSES. PLEASE LOG INTO YOUR ACCOUNT AT 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	SUNDAY
9.30	BOOTY-CAMP 60 MIN	SPEED SPIN 30 MIN	LADIES CIRCUITS 20 MIN	LADIES QUICK ABS 20 MIN	LADIES CIRCUITS 20 MIN		
10.00		BOXERCISE 30 MIN					
10.30	QUICK ABS 20MIN	QUICK ABS 20MIN					
11.00							
11.30						SPEED SPIN 30 MIN	MYSTERY CLASS 60 MIN
12.00						QUICK ABS 20MIN	
13.30					BOXERCISE 30 MIN		
14.00							
18.30	SPIN 60 MIN	SPIN 60 MIN	BOXERCISE 60 MIN	SPEED SPIN 30 MIN			
19.00				BOOTY-CAMP 60 MIN	KETTLECISE 30 MIN		
19.30	STRONG 45MIN	BOOTY-CAMP ADV 60 MIN	FAT BURN 30MIN				
20.00			QUICK ABS 20MIN	QUICK ABS 20MIN			
20.15	ZUMBA 45 MIN						
20.30		CIRCUITS 30MIN					

ALL CLASSES EXCEPT LADIES ONLY
AND KETTLECISE ARE LOCATED UPSTAIRS IN THE STUDIO

