



CLASS TIMETABLE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6-7AM AEROBIC STUDIO	VIRTUAL BODY PUMP	6-7AM AEROBIC STUDIO	VIRTUAL BODYBALANCE	6-7AM AEROBIC STUDIO	VIRTUAL BODYPUMP	6-6:30 AEROBIC STUDIO	VIRTUAL GRIT ATHLETIC	6-6:30AM AEROBIC STUDIO	VIRTUAL GRIT STRENGTH	8:30-9:30AM AEROBIC STUDIO	VIRTUAL BODYPUMP	8:15-9:15AM SPIN STUDIO	VIRTUAL SPRINT
7:10-7:55AM SPIN STUDIO	VIRTUAL SPRINT	7:55-8:45AM SPIN STUDIO	VIRTUAL RPM	7:10-8AM SPIN STUDIO	VIRTUAL RPM	7:30-8:30AM SPIN STUDIO	VIRTUAL SPRINT	7:10-8:10AM SPIN STUDIO	VIRTUAL SPRINT	8:30-9:20AM SPIN STUDIO	VIRTUAL RPM	8:30-9:30AM AEROBIC STUDIO	VIRTUAL BODYCOMBAT
7:30-8AM AEROBIC STUDIO	VIRTUAL GRIT STRENGTH	08:25-08:55AM AEROBIC STUDIO	VIRTUAL GRIT CARDO	7:30-8AM AEROBIC STUDIO	VIRTUAL BODYCOMBAT	9-9AM AEROBIC STUDIO	VIRTUAL BODYCOMBAT	9:8AM AEROBIC STUDIO	VIRTUAL BODYBALANCE	10-10:30AM AEROBIC STUDIO	VIRTUAL GRIT ATHLETIC	9:30-10:30AM SPIN STUDIO	VIRTUAL SPRINT
8:30-09:30 SPIN STUDIO	VIRTUAL SPRINT	9-9:50AM SPIN	VIRTUAL RPM	8:10-9:10 SPIN STUDIO	VIRTUAL RPM	9-9:40AM SPIN STUDIO	VIRTUAL SPRINT	9:30-10:30AM SPIN STUDIO	VIRTUAL SPRINT	10-11AM ASPIN STUDIO	VIRTUAL SPRINT	10:30-11:30AM AEROBIC STUDIO	VIRTUAL BODYPUMP
9:30-9AM AEROBIC STUDIO	VIRTUAL GRIT CARDO	9-9:50AM AEROBIC STUDIO	VIRTUAL GRIT STRENGTH	8:15-9:15AM AEROBIC STUDIO	VIRTUAL BODYPUMP	9:30-10:30AM AEROBIC STUDIO	VIRTUAL BODYPUMP	10-11AM AEROBIC STUDIO	VIRTUAL BODYPUMP	11-12PM AEROBIC STUDIO	VIRTUAL BODYPUMP	11-12PM SPIN STUDIO	VIRTUAL RPM
9:15-9:45AM AEROBIC STUDIO	VIRTUAL BODYBALANCE	10-10:30AM AEROBIC STUDIO	VIRTUAL GRIT STRENGTH	9:30-10AM AEROBIC STUDIO	VIRTUAL GRIT ATHLETIC	10-11AM SPIN STUDIO	VIRTUAL RPM	11-12PM SPIN STUDIO	VIRTUAL SPRINT	11:30-12:30PM SPIN STUDIO	VIRTUAL SPRINT	12-1PM AEROBIC STUDIO	VIRTUAL BODYCOMBAT
9:40-10:30AM SPIN STUDIO	VIRTUAL RPM	10:30-11:30AM SPIN STUDIO	VIRTUAL SPRINT	9:30-10:30AM SPIN STUDIO	VIRTUAL SPRINT	11-12PM AEROBIC STUDIO	VIRTUAL BODYPUMP	12-1PM AEROBIC	VIRTUAL BODYCOMBAT	12:30-1:30PM SPIN STUDIO	VIRTUAL BODYCOMBAT	3-4PM AEROBIC STUDIO	VIRTUAL BODY PUMP
9:55-10:55AM AEROBIC STUDIO	VIRTUAL BODYCOMBAT	11-12PM AEROBIC STUDIO	VIRTUAL BODYPUMP	11:30-12:30 SPIN STUDIO	VIRTUAL SPRINT	11:30-12:30PM SPIN STUDIO	VIRTUAL SPRINT	12:30-1:30PM SPIN STUDIO	VIRTUAL RPM	12:40-1:40PM SPIN STUDIO	VIRTUAL RPM		
10:55-11:45AM SPIN STUDIO	VIRTUAL RPM	12-1PM SPIN STUDIO	VIRTUAL SPRINT	12-1PM AEROBIC STUDIO	VIRTUAL BODYCOMBAT	12:30-1:30PM AEROBIC STUDIO	VIRTUAL BODYCOMBAT	1:30-2:30PM AEROBIC STUDIO	VIRTUAL BODYBALANCE	2-3PM AEROBIC STUDIO	VIRTUAL BODYPUMP		
11-11:50AM AEROBIC STUDIO	VIRTUAL BODY PUMP	12:30-1:30PM AEROBIC STUDIO	VIRTUAL BODYPUMP	1:150PM SPIN STUDIO	VIRTUAL RPM	1:2PM SPIN STUDIO	VIRTUAL RPM	2-3PM SPIN STUDIO	VIRTUAL RPM				
11:40-12:40PM AEROBIC STUDIO	VIRTUAL BODY PUMP	1:30-2:30PM SPIN STUDIO	VIRTUAL RPM	2-3PM AEROBIC STUDIO	VIRTUAL BODYBALANCE	2-2:30PM AEROBIC STUDIO	VIRTUAL GRIT CARDO	3:30-4PM AEROBIC STUDIO	VIRTUAL BODYCOMBAT				
12-12:50PM SPIN STUDIO	VIRTUAL RPM	2-3PM AEROBIC STUDIO	VIRTUAL BODYCOMBAT	2-3PM SPIN STUDIO	VIRTUAL SPRINT	3-4PM AEROBIC STUDIO	VIRTUAL BODYPUMP	5:30-6:05PM AEROBIC STUDIO	CIRCUITS				
11:30PM AEROBIC STUDIO	VIRTUAL GRIT CARDO	3:30-4:30PM AEROBIC STUDIO	VIRTUAL BODYCOMBAT	3:40-4:40PM AEROBIC STUDIO	VIRTUAL BODYPUMP	5:45-6:45PM AEROBIC STUDIO	ZUMBA	6:30-7:15PM AEROBIC	NIGHT				
1-2PM SPIN STUDIO	VIRTUAL SPRINT	5:30-6:05PM THE YARD	CIRCUITS	5:30-6PM THE YARD	NRG YARD ATTACK	5:45-6:20PM THE YARD	HIT						
2:30-3PM SPIN STUDIO	VIRTUAL SPRINT	6:10-6:55PM SPIN STUDIO	SPIN	6:30-7:15PM AEROBIC	NRGIFT	6:10-6:55PM SPIN STUDIO	SPIN						
2:30-3:30PM AEROBIC STUDIO	VIRTUAL BODY COMBAT	6:15-7:15PM AEROBIC STUDIO	ZUMBA	7:10-7:55PM SPIN STUDIO	SPIN	7:30-8:30PM AEROBIC STUDIO	YOGA						
5:30-6PM THE YARD	CIRCUITS	7-7:45PM THE YARD	HIT	7:30-8:15PM AEROBIC STUDIO	BOXERCISE								
6:15-7PM SPIN STUDIO	SPIN												
6:15-7PM AEROBIC STUDIO	BODY BLAST												
7:10-7:55PM AEROBIC STUDIO	STEP												
8-8PM AEROBIC STUDIO	YOGA												

CLASSES CAN BE BOOKED OR CANCELLED VIA YOUR 'MEMBERS AREA' THROUGH THE NRG WEBSITE.

PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY. PLEASE NOTE THIS TIMETABLE MAY BE SUBJECT TO CHANGE DUE TO INSTRUCTOR AVAILABILITY