

TIME	EARLY MORNING			MORNING			MID DAY			EVENING					
MON	NRG TONE 06:15-06:45	NRG GLUTE 08:45-09:15	NRG SPIN 09:15-06:45	PILATES 10:00-11:00			NRG BURN 12:15-12:45	NRG BOOTCAMP 13:15-14:00		SPIN 17:15-18:00	NRG BURN 17:15-17:45	LES MILL BODY COMBAT 18:15-19:00	NRG SPIN 18:30-19:15	NRG SPIN 19:15-20:00	NRG GLUTE (Females only) 20:15-21:00
TUE	NRG BURN 06:15-06:45	NRG SPIN 09:15-10:00	NRG BOX 09:30-10:00	NRG BURN 10:30-11:00	NRG CORE 11:00-11:30	NRG GLUTE 12:00-12:30	NRG BOX 13:00-13:30			ZUMBA 16:00-16:45	LES MILL BODY COMBAT 17:00-17:45	NRG GLUTE (Female only) 18:15-18:45	NRG BOOTCAMP 19:00-19:45	NRG SPIN 19:15-20:00	
WED	NRG BOX 06:30-07:00	NRG BURN (Females only) 08:45-09:15	NRG TONE 09:30-10:00	NRG CORE 10:15-10:45	NRG BOX 11:00-11:30	NRG GLUTE 12:30-13:00	NRG TONE 13:15-13:45			NRG SPIN 16:15-17:00	YOGA 17:00-18:00	NRG GLUTE FT NRG TONE 18:15-19:15	LES MILLS BODY COMBAT 19:30-20:15	LES MILLS BODY COMBAT 20:20-21:05	
THU	NRG TONE 06:30-07:00	NRG CORE 09:15-09:45	NRG STEP 10:00-10:30			NRG SPIN 11:15-12:00	NRG BURN 12:30-13:00	NRG CORE 13:15-13:45		NRG BOOTCAMP 17:45-18:30	NRG TONE 18:45-19:15	ZUMBA 19:30-20:15			
FRI	NRG SPIN 08:30-07:15	LES MILL BODY COMBAT 09:30-10:15	NRG TONE 10:00-10:30		YOGA 11:15-12:15	NRG SPIN 11:30-12:15	NRG BURN 12:30-13:00	BOXERCISE 13:15-14:00	NRG BOOTCAMP 18:00-18:45	NRG SPIN 19:00-19:45	ZUMBA 20:00-20:45				
SAT	NRG BURN 09:30-10:00	NRG BURN 10:15-10:45	NRG BOOTCAMP 11:00-11:45			NRG TONE 12:00-12:30	YOGA 13:30-14:30		NRG GLUTE (Female only) 16:30-17:00						
SUN	BOXERCISE 09:00-09:45	NRG BURN 10:30-11:00				NRG TONE 12:00-12:30	YOGA 13:30-14:30		NRG SPIN 16:30-17:15	NRG TONE 18:00-18:30					