



# NRG TIMETABLE September 2021



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:15 - 06:45		30 MIN LIFT - FULL BODY WEIGHTS CLASS - ALL LEVELS		30 MIN LIFT - FULL BODY WEIGHTS CLASS - ALL LEVELS		
06:30 - 07:30	60 MIN PROGRAMMED WOD - ALL FITNESS LEVELS		60 MIN PROGRAMMED WOD - ALL FITNESS LEVELS		60 MIN PROGRAMMED WOD - ALL FITNESS LEVELS	
07:00 - 07:45		CYCLE & TONE - ALL LEVELS		45 MIN PULSE - HEART RATE CYCLING - ALL LEVELS		
0800-0845						45 MIN PUMP
07:45 - 08:15	30 MIN PULSE - HEART RATE CYCLING		30 MIN PUMP		30 MIN PUMP	
9:45 - 10:30	LBT - GYM & ONLINE	HIIT - GYM & ONLINE	45 MIN PULSE - HEART RATE CYCLING - ALL LEVELS	PUMP - GYM & ONLINE	A.M.R.A.P - GYM & ONLINE	MOBILITY GYM & ONLINE
10:00 - 10:30						
18:00 - 18:30	30 MIN PULSE - HEART RATE CYCLING	30 MIN LIFT - FULL BODY WEIGHTS CLASS - ALL LEVELS	30 MIN PUMP	30 MIN LIFT - FULL BODY WEIGHTS CLASS - ALL LEVELS	30 MIN PUMP	
19:00 - 19:45	60 MIN PROGRAMMED WOD - ALL FITNESS LEVELS	CYCLE & TONE	60 MIN PROGRAMMED WOD - ALL FITNESS LEVELS	MOBILITY	60 MIN PROGRAMMED WOD - ALL FITNESS LEVELS	