



NRG TIMETABLE



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:15 - 06:45		HYROX BEGINNERS		HYROX BEGINNERS		
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		PULSE - HEART RATE CYCLING - ALL LEVELS		
0800-0845						PUMP
9:45 - 10:30	LBT	HIIT	PULSE - HEART RATE CYCLING - ALL LEVELS	PUMP	A.M.R.A.P	MOBILITY
10:00 - 10:30						
18:00 -18:30	PULSE - HEART RATE CYCLING	LIFT	PUMP	LIFT	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	