

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 - 07:45	Bootcamp with GX Instructor				Spin with Rafaella		
10:00 - 10:45	Circuits Ladies Only Class with Lily	HIIT with Megan	Boxfitness with Lily Ladies Only Class	NRG PUMP with Jo	LBT - Ladies Only Class	FEEL NRGised with GX Instructor	Bootcamp with GX Instructor
11:00 - 11:30	Total abs with Lily						
11:00 - 11:45			Total abs with Lily				
2:30 - 3:00						Tabata with Jamie	
18:00 - 18:30			Tabata with Jamie				
18:00 - 19:00	Yoga with Jamie	Boxfitness with Lily	MMA Padwork	Spin with Florin	Kettlebell with Charlie		
		Spin with Florin	Spin with Florin				
19:00 - 19:45				Bootcamp with GX Instructor	Total abs with Lukas		
19:00 - 20:00	Zumba with Amorette		Zumba with Amorette				

To participate in our classes please pre-book your class in advance using the NRG APP available in your app store, scan the QR code to get started, come and join the tribe.

