

Summer 2021 NRG In-Person Schedule

Tuesday August 3, 2021 - Friday September 3, 2021

No Classes: Mon August 2/21 - Civic Weekend

Tue Aug 3/21 - 5pm Body Blast cancelled due Studio availability

Wed Aug 4/21 - 12:05pm Cardio KickBox & 5pm Step N' Core cancelled due to Studio availability

	Monday	Tuesday	Wednesday	Thursday	Friday
12:05-1pm	Tabata Lynne 3212	Watts Up Cycle Steph M 3216	Cardio Kickbox Lynne 3212	Pilates Sobia 3212	
5-6pm	Pilates Sobia 3212	Body Blast Sheri-Lynn 3212	Step N' Core Jeff T 3212	Watts Up Cycle Mona 3216	
6:30-7:30pm		Roll N' Release Yoga Dionne 3212	Power Yoga Cam 3212	STRONG Nation Stewart 3212	
7-8pm	ZUMBA Stewart 3212		Watts Up Cycle Siobhan 3216		