



NRG 4 Life

Schedule of Classes August 2011

All Classes are held at the **Servus Sports Centre**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| | 5:35 – 6:30 AM P.U.M.P. All Levels <i>Cherilyn / Jaclyn</i> | | 5:35 – 6:30 AM FAT BLASTER All Levels <i>Cherilyn / Jaclyn</i> | 5:35 – 6:30 AM P.U.M.P. All Levels <i>Cherilyn / Jaclyn</i> |
| 9:15 – 10:15 AM P.U.M.P. All Levels <i>Jaclyn</i> | | | 9:15 – 10:15 AM P.U.M.P. All Levels <i>Jaclyn</i> | |
| 12:15 – 12:45 PM CORE All Levels <i>Ashley</i> | | 12:15 – 12:45 PM B.L.T. All Levels <i>Ashley</i> | | |
| 5:30 – 6:30 PM P.U.M.P. All Levels <i>Ashley</i> | 5:30 – 6:30 PM BODYBLAST All Levels <i>Jaclyn</i> | 5:30 – 6:30 PM P.U.M.P. All Levels <i>Ashley</i> | 5:30 – 6:30 PM CIRCUIT All Levels <i>Ashley</i> | |
| 6:35 – 7:30 PM BOOTCAMP All Levels <i>Ashley</i> | 6:35 – 7:30 PM T.B.C All Levels <i>Ashley</i> | 6:35 – 7:30 PM ZUMBA All Levels <i>Ashley</i> | 6:35 – 7:30 PM STEP All Levels <i>Jaclyn</i> | |
| 7:35 – 8:30 PM ZUMBA All Levels <i>Ashley</i> | 7:35 – 8:30 PM STRETCH All Levels <i>Jaclyn</i> | 7:35 – 8:30 PM BOOTCAMP All Levels <i>Ashley</i> | 7:35 – 8:30 PM STRETCH All Levels <i>Jaclyn</i> | |

Don't wait! Start feeling and looking great today...

Note: Schedule of classes subject to change pending class attendance, facility restrictions and/or instructor trainings!