



NRG 4 LIFE

Holiday Schedule

Effective Dec. 18, 2017 – Jan. 7, 2018

	5:35 AM	5:30 PM	6:00 PM	6:30 PM	6:45 PM	7:30 PM	8:00 PM
Mon. Dec. 18, 2017		P.U.M.P.			Bootcamp		
Tue. Dec. 19, 2017	P.U.M.P.	X-Train		Cardio		Yoga	
Wed. Dec. 20, 2017		P.U.M.P.			Bootcamp		
Thu. Dec. 21, 2017	X-Train	Bodyblast		Fight		Yoga	
Fri. Dec. 22, 2017		Circuit					
Sat. Dec. 23, 2017	10:00 AM FREE HOLIDAY WORKOUT						
Sun. Dec. 24, 2017	NO CLASSES						
Mon. Dec. 25, 2017	NO CLASSES - MERRY CHRISTMAS / HAPPY HOLIDAY						
Tue. Dec. 26, 2017	NO CLASSES - BOXING DAY						
Wed. Dec. 27, 2017			Circuit				
Thu. Dec. 28, 2017			Yoga				
Fri. Dec. 29, 2017			Circuit				
Sat. Dec. 30, 2017	10:00 AM YEAR END SURPRISE WORKOUT						
Sun. Dec. 31, 2017	NO CLASSES - NEW YEAR'S EVE						
Mon. Jan. 01, 2018	NO CLASSES - HAPPY NEW YEAR						
Tue. Jan. 02, 2018		X-Train		Cardio		Yoga	
Wed. Jan. 03, 2018		P.U.M.P.			Bootcamp		
Thu. Jan. 04, 2018		Bodyblast		Fight		Yoga	
Fri. Jan. 05, 2018		Circuit					
Sat. Jan. 06, 2018	10:00 AM P.U.M.P.						
Sun. Jan. 07, 2018	NO CLASSES						

Happy Holidays!

