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| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  | **5:35 – 6:30 AM**  **P.U.M.P**  **All Levels**  *Grace* |  | **5:35 – 6:30 AM**  **X-TRAIN**  **All Levels**  *Grace* |  | **9:30 – 10:30 AM**  **P.U.M.P**  **All Levels**  *T.B.A.* |
| **5:30 – 6:30 PM**  **P.U.M.P**  **Beg. / Int.**  *Grace* | **5:30 – 6:30 PM**  **X-TRAIN**  **All Levels**  *Grace* | **5:30 – 6:30 PM**  **P.U.M.P**  **Beg. / Int.**  *Grace* | [https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQ-0z4xkP_gCNSFn1ebQTmbj7QN_b0hPwKfPY6EhUNBP6UlsTGRIKX1dg](https://www.google.ca/imgres?imgurl=http://www.iconexperience.com/_img/o_collection_png/green_dark_grey/512x512/plain/dumbbell.png&imgrefurl=http://www.iconexperience.com/o_collection/icons/?icon%3Ddumbbell&docid=XoOgD2632qdLnM&tbnid=3KCgZYiLl81igM&w=512&h=512&ei=ZOsPVPOVGYjxiwKFp4GgDg&ved=0CAMQxiAwAQ&iact=c)**5:30 – 6:30 PM**  **BODYBLAST**  **All Levels**  *Jaclyn* | **5:30 – 6:30 PM**    **CIRCUIT**  **All Levels**  *Grace* |  |
| **6:45 – 7:45 PM**  BOOTCAMP    \*  **All Levels**  *Grace* | **6:35 – 7:30 PM**  CARDIO  **All Levels**  *Grace* | **6:45 – 7:45 PM**  BOOTCAMP    \*  **All Levels**  *Grace* | **6:35 – 7:30 PM**  FIGHT  **All Levels**  *Grace* | **Fee Schedule**   |  |  | | --- | --- | | Drop In: | $10 | | 6 Class Pass: | $48 | | 12 Class Pass: | $84 | | 24 Class Pass: | $156 | | 40 Class Pass: | $240 | | |
| **8:00 – 8:30 PM**  **B.L.T.**  (Buns, Legs & Tummies)  **All Levels**  *Grace* | **7:35 – 8:45 PM**  [https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRYCt6U6sqK9hACfmgUOql9CNEFTOaF8Gt09gzOU6faHt5pEyo5](http://www.google.ca/imgres?imgurl=http://data3.whicdn.com/images/94261820/original.jpg&imgrefurl=http://weheartit.com/entry/group/32894576&h=1024&w=819&tbnid=HQGkUh7tQuzkUM:&zoom=1&docid=dysYVCxcB5xFvM&ei=J98PVL3LLuTcigLd2oH4DA&tbm=isch&ved=0CIsBEDMoTzBP&iact=rc&uact=3&dur=1139&page=4&start=64&ndsp=24)  **All Levels**  *Grace* | **8:00 – 9:00 PM**  http://2.bp.blogspot.com/-G87_boch7Fs/USGLEX82whI/AAAAAAAAAac/DlI4sA-sYuk/s1600/zumba+logo.jpg  **All Levels**  *Grace / Maryna* | **7:35 – 8:45 PM**  [https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRYCt6U6sqK9hACfmgUOql9CNEFTOaF8Gt09gzOU6faHt5pEyo5](http://www.google.ca/imgres?imgurl=http://data3.whicdn.com/images/94261820/original.jpg&imgrefurl=http://weheartit.com/entry/group/32894576&h=1024&w=819&tbnid=HQGkUh7tQuzkUM:&zoom=1&docid=dysYVCxcB5xFvM&ei=J98PVL3LLuTcigLd2oH4DA&tbm=isch&ved=0CIsBEDMoTzBP&iact=rc&uact=3&dur=1139&page=4&start=64&ndsp=24)  **All Levels**  *Grace* |

Training levels are based on degrees of choreography complexity. Classes marked with a (\*) are of a higher intensity!

**All instructors are provincially and/or internationally certified!**

*Schedule of classes subject to change based on class attendance, statutory holidays and/or facility restrictions.*

[](https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&docid=bzvS8wn5c8TG9M&tbnid=fsKu7wiR-B0hoM:&ved=0CAUQjRw&url=https://eaglecreekkygolf.wordpress.com/page/2/&ei=jRIQVNu0EcPOiwKJnICoBA&bvm=bv.74649129,d.cGE&psig=AFQjCNFi55BU-paxxI-r7lnbnwcLpvtaTw&ust=1410425833965915)

We are located at the **Servus Sports Centre**

5202 – 12th Street**; 2nd Floor**

**Fitness Training Room**

E-mail Grace for more info at

**grace@nrg4life.ca**

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