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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**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**

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| Drop In: | $10 |
| 6 Class Pass: | $48 |
| 12 Class Pass: | $84 |
| 24 Class Pass: | $156 |
| 40 Class Pass: | $240 |

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|  **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**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**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.*



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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