



All Class Schedule

M
O
R
N
I
N
G

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spin Lisa 5:15 - 6:15 AM	Spin Express Cori 5:15-5:45 AM	Spin Stacey 5:15 - 6:15 AM	Move It Derek/Matt 5:15-6:00 AM	Spin Stacey 5:15-6:15 AM	Sunrise Bootcamp Matt 6:30-7:15 AM	
Surge! Justin 5:30-6:30 AM	TRX Circuit Justin 5:30-6:15 AM	F.I.T. Justin 5:30-6:30 AM	Yoga Power Hour Lauren D 5:30-6:30 AM	Muscle Derek 5:30-6:30 AM	Spin Sue 7:15- 8:00 AM	Sunrise Bootcamp Scott 7:00-7:30 AM
	Yoga Power Hour Sara R. 5:30-6:30 AM				Vinyasa Yoga Elizabeth 7:45-8:45 AM	Spin Scott 7:30-8:15 AM
CUT Sue 8:15-9:15 AM	Spin Cori 5:45-6:45 AM	Chakra Vinyasa Flow Jill 8:00-9:00 AM	Kickboxing Tabata Cori 8:00-8:30 AM	Circuit Training Overload Sue 8:15-9:00 AM	Spin Tony 8:30-9:30 AM	Spin Jen 8:30-9:30 AM
Yoga Power Hour Elizabeth 9:00-10:00 AM	Move It! Cori 8:30-9:15 AM	Tabata Matt 8:00-8:45 AM	Muscle Cori 8:30-9:30 AM		Bootcamp Circuit Sue 8:00-8:45 AM	CardioCore Sue 8:30-9:30 AM
Spin Sue 9:15-10:15 AM	Spin HIIT Liz 9:15-9:45 AM	Move it! Express Sue 8a-8:30 AM	Vinyasa Yoga Sara 9:00-10:00 am	Spin Cori 9:00-10:00 AM	NRG Barre Leah 9:00-10:00 AM	Gentle Yoga Katie 8:15-9:15 AM
HEAT Matt 9:30-10:30 AM	Muscle Derek 9:30-10:30 AM	Spin Sue 8:30-9:30 AM	CardioCore Brian 9:30-10:15 AM	Yoga Power Hour Elizabeth 9:00 am-10:00 AM	RapidFire Bootcamp Sue 8:45-9:15AM	Muscle Brenda 9:30-10:30 AM
Yoga Foundations Elizabeth 10:00-11:00 AM	Vinyasa Yoga Lauren D 9:00-10:00 AM	Surge! Derek 9:00-10:00AM	Gentle Yoga (Norton) Heidi 10:00-11:00 AM	TRX Circuit Brian 10:00-10:45 AM	Amp'D 9:30-10:30 AM	Vinyasa Yoga Katie 9:30-10:30 AM
Tabata Cori 5:00-5:45 PM		Pound Melissa 4:45-5:30 PM				Dance NRG Brenda 10:30-11:30 AM
Spin Tony 6:00-6:45 PM	NRG Barre Lisa 5:30-6:30 PM	Dance NRG Brenda 5:30-6:30 PM	Strike Zack 5:15-6:00 PM			
Kickboxing Liz 6:15-7:00 PM	Battleropes Justin 5:30-6:15 PM	Vinyasa (Norton) Katy 5:30-6:30 pm	NRG Barre Amanda 6:00-7:00 PM			
NRG Barre Leah 6:30-7:30 PM	Spin Brittany 6:00-7:00 PM	Spin Tony 6:00-6:45 PM	Spin Scott 6:00-7:00 PM	Dance NRG Kristie 5:30-6:30 PM		
NRG Strength Tony 7:00-7:45 PM	Amp'D 6:30-7:30 PM	Move It! Derek 6:30-7:15 PM	Surge! Brendan 6:15-7:15 PM	Hatha Yoga Jill 5:30-6:30 PM		
Vinyasa (Norton) Kerry 7:30-8:30 PM	Pound Brenda 6:30-7:15 PM	NRG Strength Tony 7:00-7:45 PM		Restorative Yoga Jill 6:30-7:30 PM		

E
V
E
N
I
N
G

* Included with Premium Membership

Effective 9/16/19

For the latest schedule, please consult our NRG Lab Fitness app