

Reduced Reading Week 2024 NRG Schedule

Tuesday February 20, 2024 - Friday February 23, 2024

NO CLASSES: Mon Feb 19/24 - Family Day or Saturdays & Sundays

	Monday	Tuesday	Wednesday	Thursday	Friday
7-7:45am		H.I.I.T. the Water Red Pool 7-7:45am Jaye			
12:05-1pm		Pilates Studio 3212 12:05-1pm Melanie	Watts Up Cycle Studio 3216 12:10-12:50pm Jen O	Barre Burn Studio 3214 12:05-1pm Alanna	Interval Grind Cycle Studio 3216 12:05-1pm Lynne
				H.I.I.T. the Water Red Pool 12:05-1pm Leena	
5-6pm		Cycle Core Studio 3216 5-6pm Jeff T	Pilates Studio 3212 5-6pm Tanya	Cycle Mix Studio 3216 5-6pm Mona	
6-7pm			Cycle Core Studio 3216 6-7pm Jen P	Body Blast Studio 3212 6-7pm Emily	
7-8pm		JOGA® Studio 3212 7-8pm Renee			
7:30-8:30pm			ZUMBA® Studio 3212 7:30-8:30pm Stewart	Flow & Restore Yoga Studio 3212 7:30-8:30pm TBD	