

Group X Schedule

Effective 1-1-18

Hours of Operation:
 Mon.-Thurs. 5:30am -9pm
 Fri. 5:30am-8pm
 Sat. & Sun. 8am-4pm
 For holiday hours, check social media.

Schedule also posted online at NBFitnessClub.com

**STUDIO 1-
CYCLING**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
	6:30am - 7:15am Cycling Mike T.		6:30am - 7:15am Cycling Mike T.	9:00am - 9:45am Cycling Nicole T.
	12:30pm - 1:15pm Cycling Daryl C.		12:30pm - 1:15pm Cycling Lauren B.	
6:30pm - 7:15pm Cycling Teresa C.	5:30pm - 6:15pm Cycling Amy W.	6:30pm - 7:15pm Cycling Alison O.	5:30pm - 6:15pm Cycling Lauren M.	

STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:30am - 12:15pm Yoga Alyssa C.	6:30am - 7:15am Body Pump Emilee F.		6:30am - 7:15am Body Pump Emilee F.		
12:30pm - 1:15pm Tabata Lauren B.			11:30am - 12:15pm Yoga Jill B.		11:00am - 11:45am Total Body Conditioning Justin D.
5:30pm - 6:25pm Total Body 321 Aya N.	12:15pm - 1:00pm Boot Camp Justin D.	12:15pm - 1:00pm Body Pump Amy M.	12:15pm - 1:00pm Cardio HIIT Justin D.	12:30pm - 1:15pm T.G.I.F. Mix Up Lauren B.	
6:30pm - 7:30pm Vinyasa Flow Danielle B.	5:30pm - 6:15pm Total Body 321 Ayako N.	5:30pm - 6:25pm Yoga Jaclyn K.	5:30pm - 6:25pm Body Combat Michelle H.		
7:30pm - 8:30pm Runner's Yoga Lindsay W.	6:30pm - 7:30pm Vinyasa Flow Kristen R.	6:30pm - 7:30pm Cardio HIIT Ayako N.	6:30pm - 7:25pm Body Pump Anika G.		

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