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**Hours of Operation**

Mon. – Thur. 5:30am-9pm

Fri. 5:30am-8pm

Sat. &amp; Sun. 8am-4pm

**Studio 1 – Cycling**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30am – 7:15am Cycling <i>Mike T.</i>		6:30am – 7:15am Cycling <i>Mike T.</i>		9:00am – 9:45am Cycling <i>Nicole T.</i>
	12:30pm – 1:15pm Cycling <i>Daryl C.</i>		12:30pm – 1:15pm Cycling <i>Lauren B.</i>		
6:30pm – 7:15pm Cycling <i>Teresa C.</i>	5:30pm – 6:15pm Cycling <i>Amy W.</i>	6:30pm – 7:15pm Cycling <i>Liz G.</i>	5:30pm – 6:15pm Cycling <i>Lauren M.</i>		

**Studio 2**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30am – 7:30am Body Pump <i>Emilee F.</i>		6:30am – 7:30am Body Pump <i>Emilee F.</i>		
11:30am – 12:15pm Yoga <i>Amanda P.</i>			11:30am – 12:15pm Yoga <i>Jill B.</i>		11:00am – 11:45am Total Body Conditioning <i>Justin D.</i>
12:30pm – 1:15pm Tabata <i>Lauren B.</i>	12:15pm – 1:00pm Boot Camp <i>Justin D.</i>	12:15pm – 1:00pm Body Pump <i>Amy M.</i>	12:15pm – 1:00pm Cardio HIIT <i>Justin D.</i>	12:30pm – 1:15pm T.G.I.F Mix Up <i>Lauren B.</i>	
5:30pm – 6:25pm Zumba <i>Christine A.</i>		5:30pm – 6:25pm Yoga <i>Jaclyn K.</i>	5:30pm – 6:25pm Body Combat <i>Michelle Hardiman</i>		
6:30pm – 7:30pm Vinyasa Flow <i>Danielle B.</i>	6:30pm – 7:30pm Vinyasa Flow <i>Erin D.</i>	6:30pm – 7:30pm Body Combat <i>Chelsea M.</i>	6:30pm – 7:25pm Body Pump <i>Anika G.</i>		