



MON

YOGA

9:00-9:50am

TUE

HIIT

8:00-9:00am

**YOGA FOR
GOLFERS &
SPORTS
PERFORMANCE**
5:00-5:50pm

WED

YOGA

9:00-9:50am

THU

SPINNING

9:00-10:00am

YOGA

5:00-5:50pm

FRI

**CIRCUIT
TRAINING**

8:15-9:15am

SAT

YOGA

10:15-11:00am



GET THE NRG HEALTH AND FITNESS MOBILE APPLICATION

CHECK SCHEDULE, SIGN IN FOR CLASSES, AND RECEIVE IMPORTANT NOTIFICATIONS. IF YOU HAVE ANY FITNESS QUESTIONS, PLEASE CONTACT MITCH KEKEL AT MKEKEL@NRGHEALTHFITNESS.COM OR 310-570-5436.