







NEW

Energy Health Clubs ORANGE GROUP TRAINING CLASS SCHEDULE

H.I.I.T & CYCLE MAX CLASSES
WILL REQUIRE POLAR HEART
RATE MONITORS TO HELP
YOU TRACK YOUR FITNESS



MON	TUE	WED	THU	FRI	SAT
10:30AM-11:30AM CYCLE MAX WITH NANCY 	9:00AM-10:00AM VINYASA FLOW WITH NANCY	10:30AM-11:30AM CYCLE MAX WITH NANCY 	9:00AM-10:00AM VINAYSA FLOW WITH NANCY		9:00AM-10:00AM ZUMBA WITH ALICIA
5:15PM-6:00PM H.I.I.T WITH ANA 		5:15PM-6:00PM H.I.I.T WITH ANA 			10:30AM-11:15AM H.I.I.T WITH ANA 
6:15PM-7:15PM ZUMBA WITH ALICIA	6:15PM-7:00PM H.I.I.T WITH ANA 	6:15PM-7:15PM ZUMBA WITH ALICIA	6:15PM-7:00PM H.I.I.T WITH ANA 