



Driven by passion for fitness



WWW.NITRRO.IN

## GROUP X CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 AM	ZUMBA		ZUMBA		ZUMBA	
8:00 AM		KICK BOXING		KICK BOXING		KICK BOXING
9:00 AM						
6:00 PM						
7:30 PM						KICK BOXING
8:00 PM		KICK BOXING		KICK BOXING		
8:15 PM	ZUMBA		ZUMBA		ZUMBA	

SOME OF THE CLASSES ARE SUBJECT TO MODIEY/CANCEL WITHOUT PRIOR NOTICE PLEASE KEEP NOTE

## SPINNING CLASS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 AM		SPINNING		SPINNING		SPINNING
8:00 AM	SPINNING		SPINNING		SPINNING	
6:00 PM						SPINNING
7:00 PM	SPINNING		SPINNING		SPINNING	
8:00 PM		SPINNING		SPINNING		

SOME OF THE CLASSES ARE SUBJECT TO MODIEY/CANCEL WITHOUT PRIOR NOTICE PLEASE KEEP NOTE

## YOGA CLASS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM		YOGA		YOGA		
7:00 PM		YOGA		YOGA		

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