

CLASSES & SPECIALISED COURSES

Classes at NRG Cork are included in your membership fee, unlike other gyms.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00am				NRG Spin <i>Paul</i>			
11.00am	Aqua NRG <i>Eoin</i>	Time to Tone <i>Paul</i>	Pilates <i>April</i>	Pilates <i>Pamela</i>	Aqua NRG <i>Instructor</i>	NRG Spin 12.00-1.00pm	
1.10pm	NRG Spin <i>Eoin</i>	NRG Spin <i>Paul</i>	NRG Spin <i>April</i>				
5.05pm	KettleBell <i>Pamela</i>	NRG Spin <i>April</i>	SpiN-R-G <i>Pamela</i>		Cardio Tennis 5.15pm		
6.00pm	Zumba <i>April</i>	Burn & Shape <i>April</i>	Core Stability <i>Pamela</i>				
6.00pm	Med Ball <i>Paul</i>	Body Blitz <i>Eoin</i>	Med Ball <i>Paul</i>	Spin & Tone <i>Instructor</i>			
6.00pm			Running Club <i>Eoin</i>				
7.00pm	NRG Spin <i>Paul</i>	Advanced Spin <i>Craig</i>	NRG Spin <i>Paul</i>	Kettlebell <i>Instructor</i>	Spinning <i>Instructor</i>		
7.00pm	Body Ball <i>Pamela</i>	Boxercise <i>Eoin</i>	Aqua NRG <i>Eoin</i>				
7.00pm	BodyBall <i>Pamela</i>		Pilates <i>Pamela</i>				
8.00pm	Pilates <i>April</i>		Yoga <i>Kate</i>				
8.00pm							

* Sign Up at Reception | ** Coming Soon Kettle Bell & Zumba

