

Nutrifort Program Schedule & Group Fitness

	Mon	Tues	Wed	Thur	Fri	Sat
** Private Training **						
6:30 - 8:00 PM	Private Training	Private Training	Private Training	Private Training	Private Training	Private Training
	Private Training Includes: Weigh Loss Programs Pilates on the Reformer Core Training Pregnancy Fitness Functional and Flexibility Training.					
** MORNING SPINNING CLASSES **						
8:30 AM	Cardio Spin (60 min) Nicole	Cycle Sculpt (60 min) Nicole	Cardio Spin (60 min) Nicole	Cycle Sculpt (60 min) Nicole	Cardio Spin (60 min) Nicole	
9:30 AM						Cardio Spin (60 min) Keith
** EVENING SPINNING CLASSES **						
6:30 PM	Cardio Spin (60 min) Keith	Cardio Spin (60 min) Lan	Cardio Spin (60 min) Keith	Cardio Spin (60 min) Lan		

Please contact Nutrifort for more information on our private training programs, and be sure to call in advance to reserve your spin bike.

Thank You!