

NTFQ1 Group Classes Schedule

Mon - Fri 6 30AM - 8 P
 Saturday 7 AM - 3 PM

| | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------------------|---------------------------|--------------------------------|---------------------------|--------------------------------|--------------------------------|------------------------|
| 7:00 AM | | Cardio Spin (60 min) Nicole | | Cardio Spin (60 min) Nicole | | |
| 9:00 AM | Circuit Training (60 min) | | Circuit Training (60 min) | | Circuit Training (60 min) | Yoga (60 min) Briar |
| 12:00 PM | Pilates Mat (60 min) | | | | Pilates Mat (60 min) | |
| * * EVENING CLASSES * * | | | | | | |
| 6:00 PM | | Pilates Mat (60 min) Nga/Ha | | Yoga (60 min) Nicole | | |
| 6:30 PM | Butts & Guts (60 min) Nga | | Butts & Guts (60 min) Nga | | Pilates Mat (60 min) Nga/Ha | |
| 7:00 PM | | Circuit Training (60 min) | | | | |

Coupons available in for 5 classes at 750,000 vnd and 11 classes for 1,500,000 vnd

** Coupons can also be purchased for using the gym **

2 B1 Chu Manh Trinh - District 1, HCMC - www.nutrifort.com
 tel: 8 3825 8560 - 8 3247 325 please call to reserve your space. thank you!