

# NITRO WEST LIFESTYLE SCHEDULE

"MAKE IT A LIFESTYLE"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LEGS, SHOULDERS & ABS #NITROBOOTYLAB	PUSH (CHEST, TRICEPS & ABS)	PULL (BACK, BICEPS & ABS)	LEGS, GLUTES & ABS #NITROBOOTYLAB	FULL BODY #FATALFRIDAY	FULL BODY (1 HR CLASSES)	
					7:00-8:00AM HIGH-INTENSITY CIRCUIT TRAINING	
					8:00-9:00AM HIGH-INTENSITY CIRCUIT TRAINING	10:30-11:30AM YOGA (East Location Only)
8:45-9:30AM W.O.D		8:45-9:30AM W.O.D		8:45-9:30AM W.O.D		
9:30-10:15AM W.O.D		9:30-10:15AM W.O.D		9:30-10:15AM W.O.D		
10:15-11:00AM W.O.D		10:15-11:00AM W.O.D		10:15-11:00AM W.O.D		
	12:00-12:45PM BOXING (East Location Only)					
4:30-5:15PM BOOTY BOOTCAMP	4:30-5:15PM W.O.D	4:30-5:15PM W.O.D	4:30-5:15PM BOOTY BOOTCAMP	4:30-5:15PM W.O.D		
5:15-6:00PM W.O.D	5:15-6:00PM W.O.D	5:15-6:00PM CORE & CARDIO	5:15-6:00PM W.O.D	5:15-6:00PM W.O.D		
6:30-7:15PM W.O.D	6:00-6:45PM FITNESS TEST/CONSULTATIONS NUTRITION CLASS	6:30-7:15PM W.O.D	6:30-7:15PM W.O.D	6:30-7:15PM CARDIO CALORIE BLAST		
	6:45-7:30PM FITNESS TEST/CONSULTATIONS			7:30-8:30PM BOLLYWOOD & BHANGRA FITNESS (East Location Only)		



**TELEPHONE HOURS OF OPERATION**

Mon: 9:30AM – 9:00PM  
 Tues: 9:30AM – 9:00 PM  
 Wed: 9:30AM – 9:00 PM  
 Thurs: 9:30AM – 9:00PM  
 Fri: 9:30AM – 7:00PM  
 Sat: 10:00AM – 6:00PM  
 Sun: 10:00AM – 5:00PM

📍 389 MAIN ST N, UNIT #4  
 BRAMPTON, ON L6X 3P1  
 📞 INFO@NITROLIFESTYLE.CA  
 📠 (905) 965-3285

*W.O.D = Workout of the day for specific muscle groups.*

**ALL CLASSES:** \$20 Drop-In for non-members

**HIGH-INTENSITYBOOTCAMP & BOLLYWOOD/BHANGRA FITNESS (ONLY):** \$10 Drop-In for non-members (at our East location only)