

NITRO EAST 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)	
5:45-6:30AM W.O.D	5:45-6:30AM W.O.D	5:45-6:30AM W.O.D	5:45-6:30AM W.O.D	5:45-6:30AM CIRCUIT TRAINING	7:00-8:00AM HIGH-INTENSITY CIRCUIT TRAINING	9:30-10:30AM STRENGTH TRAINING
6:30-7:15AM BOOTCAMP	6:30-7:15AM BOOTCAMP	6:30-7:15AM BOOTCAMP	6:30-7:15AM BOOTCAMP	6:30-7:15AM BOOTCAMP	8:00-9:00AM OPEN GYM	10:30-11:30AM YOGA
7:15-8:00AM OPEN GYM	7:15-8:00AM OPEN GYM	7:15-8:00AM OPEN GYM	7:15-8:00AM OPEN GYM	7:15-8:00AM OPEN GYM / HERBALIFE NUTRITION	9:00-10:00AM HIGH-INTENSITY CIRCUIT TRAINING	
8:00-9:00AM BOOTY BOOTCAMP	8:00-9:00AM W.O.D	8:00-9:00AM W.O.D	8:00-9:00AM BOOTY BOOTCAMP	8:00-9:00AM CIRCUIT TRAINING	10:00-11:00AM OPEN GYM	
9:00-9:30AM COMMUNITY FITNESS/ OPEN GYM		9:00-9:30AM COMMUNITY FITNESS/ OPEN GYM		9:00-9:30AM COMMUNITY FITNESS/ OPEN GYM	11:30-12:30PM HIGH-INTENSITY BOOTCAMP	
9:30-10:15AM CIRCUIT TRAINING		9:30-10:15AM CIRCUIT TRAINING		9:30-10:15AM CIRCUIT TRAINING		
10:15-11:00AM W.O.D		10:15-11:00AM W.O.D		10:15-11:00AM CIRCUIT TRAINING		
	12:00-12:45PM BOXING					
4:15-5:00PM W.O.D	4:15-5:00PM W.O.D	4:15-5:00PM W.O.D		4:15-5:00PM CIRCUIT TRAINING		
5:00-5:45PM W.O.D	5:00-5:45PM AB BLAST	5:00-5:45PM W.O.D	5:00-5:45PM AB BLAST	5:00-5:45PM CIRCUIT TRAINING		
6:00-6:45PM BOOTY BOOTCAMP	6:00-6:45PM W.O.D	6:00-6:45PM CORE & CARDIO	6:00-6:45PM BOOTY BOOTCAMP	6:00-6:45PM CARDIO CALORIE BLAST		
6:45-7:30PM BOOTCAMP	6:45-7:30PM W.O.D	6:45-7:30PM BOOTCAMP	6:45-7:30PM W.O.D			
7:30-8:15PM W.O.D	7:30-8:15PM W.O.D	7:30-8:15PM W.O.D	7:30-8:15PM W.O.D	6:45-7:30PM BOOTCAMP		
8:15-9:00PM W.O.D	8:15-9:00PM BOOTCAMP	8:15-9:00PM W.O.D	8:15-9:00PM BOOTCAMP	7:30-8:30PM BOLLYWOOD/BHANGRA FITNESS		
11:00AM, 6:45PM & 7:30PM FITNESS TEST/CONSULTATIONS NUTRITION CLASS		11:00AM, 6:45PM & 7:30PM FITNESS TEST/CONSULTATIONS NUTRITION CLASS		8:30-9:30PM HIP-HOP TWERK FITNESS	10:15AM FITNESS TEST/CONSULTATIONS NUTRITION CLASS	



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

NEW CLASSES: Boxing, High-Intensity Circuit Training/Bootcamp, Cardio Calorie Blast, Core & Cardio, Mommy-Baby Bootcamp

OPEN GYM: For members only, come in and freestyle your own workout, or follow the workout on the board.

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

HIGH-INTENSITY BOOTCAMP + BOLLYWOOD/BHANGRA FITNESS (ONLY): \$10 Drop-In for non-members.

AB BLAST: 30mins Core/ 15mins Cardio

COMMUNITY FITNESS: Free for everyone 55+.

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

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