

GROUP EX SCHEDULE

2019Q3

SEPTEMBER - DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LIFECYCLE 7.00 - 7.45 LOURDES ☹☹		HIT THE ROAD NEW 7.00 - 7.45 CATARINA ☹☹☹		SPIN 'N' STRENGTH NEW 7.00 - 7.45 KEITH ☹☹		
YOGA NEW 8.15 - 9.15 ANNA ☹	POWER HOUR NEW 8.15 - 9.15 MARK ☹☹	BODY CONDITIONING NEW 8.15 - 9.15 JO ☹☹	PILATES 8.15 - 9.15 ANJA ☹	CORE EVOLUTION 2 NEW 8.30 - 9.15 CORE CREW ☹☹		
INTERVAL HIIT 9.30 - 10.30 GILLIAN ☹☹☹	PILATES NEW 9.30 - 10.30 ANJA ☹	LIFECYCLE NEW 9.30 - 10.15 JO ☹☹	PUMP 9.30 - 10.30 GILLIAN ☹☹	CIRCUIT NEW 9.30 - 10.30 DANIEL ☹☹☹	LIFECYCLE 9.30 - 10.15 DUNCAN ☹☹	HATHA YOGA 9.15 - 10.15 JUDIT ☹
					INTERVAL HIIT 10.30 - 11.30 GILLIAN ☹☹☹	LIFECYCLE 10.30 - 11.15 AARON ☹☹
CIRCUIT NEW 13.00 - 13.45 CATARINA ☹☹☹	PUMP 13.00 - 13.45 GILLIAN ☹☹☹	CORE EVOLUTION 2 NEW 13.00 - 13.45 CORE CREW ☹☹	SPIN 'N' STRENGTH NEW 13.00 - 13.45 JO ☹☹☹	INTERVAL HIIT 13.00 - 13.45 GILLIAN ☹☹☹	HATHA YOGA NEW 11.45 - 12.45 JUDIT ☹	POWER HOUR NEW 11.30 - 12.30 MARK ☹☹
	TRX® TRA 15.30 - 16.15 KEITH ☹☹					
CORE EVOLUTION 2 NEW 17.30 - 18.15 CORE CREW ☹☹			SHRED 17.30 - 18.15 JO ☹☹☹			
BIKE 'N' BEAT NEW DECADES 18.30 - 19.15 JO ☹☹	CIRCUIT 18.15 - 19.15 DANIEL ☹☹☹	BARRE 18.15 - 19.15 AGNES ☹☹	CORE EVOLUTION 2 NEW 18.30 - 19.15 CORE CREW ☹☹	POWER HOUR NEW 18.15 - 19.15 MARK ☹☹		
	AQUAFUSION 19.00 - 19.45 RAISSA ☹					
PUMP 19.30 - 20.30 GILLIAN ☹☹	SPIN 'N' STRENGTH NEW 19.30 - 20.15 DANIEL ☹☹	INTERVAL HIIT NEW 19.30 - 20.30 CATARINA ☹☹☹	HATHA YOGA 19.30 - 20.30 JUDIT ☹	TWERK IT! 19.30 - 20.30 FRANCISCO ☹		



STUDIO



GYM FLOOR



INDOOR POOL



OUTDOOR

CYNERGI
health & fitness club

EPILEPSY WARNING

These classes use lighting effects which may be unsuitable for persons with photosensitive epilepsy.

YOUR OWN PACE	☹
GETTING HOT	☹☹
PHEW!	☹☹☹

CONDITIONING
CARDIO
HOLISTIC
CORE STRENGTH