











































GROUP EX SCHEDULE

2019Q3

SEPTEMBER - DECEMBER

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