

# GROUP EX SCHEDULE

# 2020Q3

JUNE - SEPT

ALL INDOOR GROUP CLASSES WILL BE TAKING PLACE AT INTERCONTINENTAL ARENA CONFERENCE CENTRE TO COMPLY WITH THE HEALTH AUTHORITY GUIDELINES.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LIFECYCLE 7.00 - 7.45 LOURDES ☹☹ 	OUTDOOR BOOTCAMP <b>NEW</b> 7.00 - 7.45 MARK ☹☹ 	CORE EVO YOGA <b>NEW</b> 7.00 - 8.00 TINJA ☹ 	OUTDOOR BOOTCAMP <b>NEW</b> 7.00 - 7.45 CATARINA ☹☹ 	STRENGTH <b>NEW</b> 7.00 - 7.45 CHANTAL ☹☹☹ 		
YOGA 8.15 - 9.15 ANNA ☹ 		LIFECYCLE <b>NEW</b> 8.30 - 9.15 ZARA ☹☹ 	PILATES 8.15 - 9.15 ANJA ☹ 			
INTERVAL HIIT 9.30 - 10.30 GILLIAN ☹☹☹ 	PILATES 9.30 - 10.30 ANJA ☹ 	STRENGTH <b>NEW</b> 9.30 - 10.30 MARK ☹☹ 	LIFECYCLE <b>NEW</b> 9.30 - 10.30 GILLIAN ☹☹ 	CIRCUIT <b>NEW</b> 9.30 - 10.30 DANIEL ☹☹☹ 	LIFECYCLE 9.30 - 10.15 GILLIAN ☹☹ 	HATHA YOGA <b>NEW</b> 9.00 - 10.00 TINJA ☹ 
					INTERVAL HIIT 10.30 - 11.30 CATARINA ☹☹☹ 	LIFECYCLE 10.30 - 11.15 AARON ☹☹ 
	PUMP 13.00 - 13.45 KRYSZTOF ☹☹ 	SPIN 'N' STRENGTH <b>NEW</b> 13.00 - 13.45 JO ☹☹ 		INTERVAL HIIT 13.00 - 13.45 GILLIAN ☹☹☹ 	HATHA YOGA 11.45 - 12.45 JUDIT ☹ 	
SHRED <b>NEW</b> 17.30 - 18.15 JO ☹☹☹ 			LIFECYCLE <b>NEW</b> 17.30 - 18.15 JO ☹☹☹ 			
BIKE 'N' BEATS GENRE <b>NEW</b> 18.30 - 19.15 JO ☹☹ 	CIRCUIT 18.30 - 19.15 ARMANDO ☹☹ 	POWER BARRE <b>NEW</b> 18.15 - 19.15 CHANTAL ☹☹ 	SHRED <b>NEW</b> 18.30 - 19.15 JO ☹☹☹ 	LIFECYCLE <b>NEW</b> 18.15 - 19.15 JO ☹☹ 		
PUMP 19.30 - 20.30 KRYSZTOF ☹☹ 	TWERK IT! 19.30 - 20.30 FRANCISCO ☹ 	CORE EVO YOGA <b>NEW</b> 19.30 - 20.30 TINJA ☹ 	OUTDOOR BOOTCAMP <b>NEW</b> 19.30 - 20.15 KEITH 			



INTERCONTINENTAL ARENA CONFERENCE CENTRE



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