

GROUP EX SCHEDULE

2023Q4

OCT - DEC

THE NUMBER OF PARTICIPANTS PERMITTED IN EACH CLASS IS LIMITED. PLEASE REMEMBER TO BOOK VIA CYNERGI.COM.MT OR BY DOWNLOADING OUR NEW MOBILE APP.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LIFECYCLE 7.00 - 7.45 AARON 🌟🌟	OUTDOOR BOOTCAMP 7.00 - 7.45 CATARINA 🌟🌟	YOGA 7.00 - 8.00 MATHIEU 🌟	LIFECYCLE 7.00 - 7.45 JO 🌟🌟	CORE EVOLUTION 7.00 - 7.45 STEPHANIA 🌟🌟	YOGA 7.15 - 8.15 ANNA 🌟	
VINYASA YOGA 8.15 - 9.15 NICOLE 🌟	STEP 8.30 - 9.15 KRZYSZTOF 🌟🌟	SHRED 8.30 - 9.15 JO 🌟🌟	PILATES 8.15 - 9.15 ANJA 🌟	LIFECYCLE 8.30 - 9.15 GILLIAN 🌟🌟	BARRE AND MOBILITY 8.30 - 9.30 CHANTAL 🌟	
INTERVAL HIIT 9.30 - 10.30 GILLIAN 🌟🌟🌟	MORNING FLOW 9.30 - 10.30 CATARINA 🌟	LIFECYCLE 9.30 - 10.15 JO 🌟🌟	POWER PUMP 9.30 - 10.30 GILLIAN 🌟🌟🌟	STRENGTH 9.30 - 10.30 DANIEL 🌟🌟	LIFECYCLE 10.00 - 10.45 KRZYSZTOF 🌟🌟	VINYASA YOGA 9.00 - 10.00 NICOLE 🌟
					INTERVAL HIIT 11.00 - 11.45 CATARINA 🌟🌟🌟	LIFECYCLE 10.15 - 11.00 AARON 🌟🌟
CORE EVOLUTION 13.00 - 13.45 JO 🌟🌟	PUMP 13.00 - 13.45 KRZYSZTOF 🌟🌟	YOGA TONE 13.00 - 13.45 NICOLE 🌟	INTERVAL HIIT 13.00 - 13.45 GILLIAN 🌟🌟🌟	PILATES 13.00 - 13.45 ANJA 🌟		
		FUNCTIONAL FITNESS 17.30 - 18.15 CATARINA 🌟🌟🌟		TRX®TRA 17.30 - 18.15 KEITH 🌟🌟🌟		
PILATES 18.00 - 18.45 ANJA 🌟	BIKES 'N' BEATS GENRE 18.30 - 19.15 JO 🌟🌟	X-FIT 18.30 - 19.15 ĐORĐE 🌟🌟🌟	VINYASA YOGA 18.30 - 19.15 NICOLE 🌟	X-FIT 18.30 - 19.15 ĐORĐE 🌟🌟🌟		
LIFECYCLE 19.30 - 20.15 KRZYSZTOF 🌟🌟	X-FIT 19.30 - 20.15 KARIM 🌟🌟🌟	YOGA 19.30 - 20.30 MATHIEU 🌟	X-FIT 19.30 - 20.15 KARIM 🌟🌟🌟			



STUDIO



GYM FLOOR



OUTDOOR



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

CYNERGI'S GROUP EXERCISE SCHEDULE IS UPDATED EVERY FOUR MONTHS TO ENSURE YOUR WORKOUTS REMAIN CHALLENGING AND FUN.