

# GROUP EX SCHEDULE

# 2024Q1

JAN - MAR

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 🍷	FITNESS PARTY 7.15 - 8.15 IRYNA 🍷	
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 🍷	CIRCUIT TRAINING 8.30 - 9.30 STEPHANIA 🍷	
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 ĐORĐE 🍷	LIFECYCLE 10.00 - 10.45 KRZYSZTOF 🍷	VINYASA YOGA 9.00 - 10.00 NICOLE 🍷
BARRE AND MOBILITY 10.45 - 11.45 CHANTAL 🍷					INTERVAL HIIT 11.00 - 11.45 CATARINA 🍷	LIFECYCLE 10.15 - 11.00 AARON 🍷
CORE EVOLUTION 13.00 - 13.45 JO 🍷	ASSISTED STRETCHING 13.00 - 13.45 IRYNA 🍷	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 🍷		BOX FIT 17.30 - 18.15 PAULIUS 🍷		
PILATES 18.00 - 18.45 ANJA 🍷	BIKES 'N' BEATS GENRE 18.30 - 19.15 JO 🍷	X-FIT 18.30 - 19.15 ĐORĐE 🍷	FITNESS PARTY 18.30 - 19.15 IRYNA 🍷	X-FIT 18.30 - 19.15 ĐORĐE 🍷		
LIFECYCLE 19.30 - 20.15 KRZYSZTOF 🍷	FIT DOUBLE TROUBLE 19:30 - 20.15 STEPHANIA 🍷	YOGA 19.30 - 20.15 MATHIEU 🍷	FIT DOUBLE TROUBLE 19:30 - 20.15 STEPHANIA 🍷			



STUDIO



GYM FLOOR



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