

GROUP EX SCHEDULE

2024Q2

APR - JUN

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 🌿	BOOTCAMP 7.00 - 7.45 CATARINA 🌿🌿	YOGA 7.00 - 8.00 MATHIEU 🌿🌿	LIFE CYCLE 7.00 - 7.45 JO 🌿🌿	CORE EVOLUTION 7.00 - 7.45 STEPHANIA 🌿🌿	BARRE & MOBILITY 7.15 - 8.15 CHANTAL 🌿	
VINYASA YOGA 8.15 - 9.15 NICOLE 🌿	ASSISTED STRETCHING 8.00 - 9.00 🌿🌿 IRYNA	SHRED 8.30 - 9.15 JO 🌿	PILATES 8.15 - 9.15 ANJA 🌿	LIFE CYCLE 8.30 - 9.15 GILLIAN 🌿🌿	YOGA 8.30 - 9.30 ANNA 🌿	
INTERVAL HIIT 9.30 - 10.30 GILLIAN 🌿	MORNING FLOW 9.30 - 10.30 CATARINA 🌿	LIFE CYCLE 9.30 - 10.15 JO 🌿	POWER PUMP 9.30 - 10.30 GILLIAN 🌿🌿	STRENGTH 9.30 - 10.30 CHANTAL 🌿	LIFE CYCLE 10.00 - 10.45 AARON 🌿	VINYASA YOGA 9.00 - 10.00 NICOLE 🌿
					INTERVAL HIIT 11.00 - 11.45 CATARINA 🌿🌿	LIFE CYCLE 10.15 - 11.00 AARON 🌿
CORE EVOLUTION 13.00 - 13.45 JO 🌿	PUMP 13.00 - 13.45 STEPHANIA 🌿	YOGA 13.00 - 13.45 NICOLE 🌿	INTERVAL HIIT 13.00 - 13.45 GILLIAN 🌿🌿	PILATES 13.00 - 13.45 ANJA 🌿		
	AERO DANCE 17.15 - 18.15 BURCIN 🌿	FUNCTIONAL FITNESS 17.30 - 18.15 CATARINA 🌿🌿	PHYSIO-LED PILATES 17.30 - 18.15 STRIDE 🌿	CIRCUIT 17.30 - 18.15 STEPHANIA 🌿		
PILATES 18.00 - 18.45 ANJA 🌿	BIKES 'N' BEATS 18.30 - 19.15 JO 🌿🌿	MILITARY FIT 18.30 - 19.15 PAUL 🌿🌿	FITNESS PARTY 18.30 - 19.15 IRYNA 🌿	ASSISTED STRETCHING 18.30 - 19.15 🌿 IRYNA		
LIFE CYCLE 19.30 - 20.15 STEPHANIA 🌿	FIT DOUBLE TROUBLE 19.30 - 20.15 STEPHANIA 🌿🌿	YOGA 19.30 - 20.30 MATHIEU 🌿	YOGA 19.30 - 20.15 NICOLE 🌿	BOXFIT 19.45 - 20.45 PAUL 🌿		



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