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 💧	LIFECYCLE **9.30 - 10.15** JO 💧💧	POWER PUMP **9.30 - 10.30** GILLIAN 💧💧💧	STRENGTH **9.30 - 10.30** CHANTAL 💧💧	LIFECYCLE **10.00- 10.45** AARON 💧💧	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** 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 💧			

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 💧	CONDITIONING
GETTING HOT 💧💧	CARDIO
PHEW! 💧💧💧	HOLISTIC
	CORE STRENGTH

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