

GROUP EX SCHEDULE 2024Q3 | JUL - SEP

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
07:00	Life Cycle 7:00 - 7:45 Aaron ST 🔴	Bootcamp 7:00 - 7:45 Catarina OD 🟢	Yoga 7:00 - 8:00 Mathieu ST 🔵	Life Cycle 7:00 - 7:45 Jo ST 🔴	Assisted Stretching 7:00 - 8:00 Iryna ST 🔵	Life Cycle 7:30 - 8:15 Mike ST 🔴	
08:00							
09:00	Vinyasa Yoga 8:15 - 9:15 Nicole ST 🔵	Kettlebell 8:15 - 9:15 Iryna ST 🟠	Shred 8:30 - 9:15 Jo ST 🟡	Pilates 8:15 - 9:15 Anja ST 🔵	Life cycle 8:15 - 9:00 Gillian ST 🔴	Yoga 8:30 - 9:30 Anna ST 🔵	Vinyasa Yoga 9:00 - 10:00 Nicole ST 🔵
10:00	Interval HIIT 9:30 - 10:15 Gillian ST 🔴	Morning Flow 9:30 - 10:15 Catarina ST 🔵	Life Cycle 9:30 - 10:15 Jo ST 🔴	Power Pump 9:30 - 10:15 Gillian ST 🟠	Strength 9:30 - 10:15 Chantal ST 🟡	Core Evolution 10:00 - 10:45 Stephania ST 🟠	Life Cycle 10:15 - 11:00 Aaron ST 🔴
11:00						Interval HIIT 11:00 - 11:45 Catarina ST 🔴	
12:00							
13:00	Core Evolution 13:00 - 13:45 Jo ST 🟠	Pump 13:00 - 13:45 Stephania ST 🟠	Yoga 13:00 - 13:45 Nicole ST 🔵	Interval HIIT 13:00 - 13:45 Gillian ST 🔴	Pilates 13:00 - 13:45 Anja ST 🔵		
14:00							
15:00							
16:00							
17:00							
18:00	Pilates 18:00 - 18:45 Anja ST 🔵	Barre & Mobility 17:15 - 18:15 Chantal ST 🔵	Functional Fitness 17:30 - 18:15 Catarina ST 🔴	Bums and Thighs 17:30 - 18:15 Stephania ST 🟠	Circuit 17:30 - 18:15 Stephania ST 🔴		
19:00	Life Cycle 19:00 - 19:45 Jo ST 🔴	Bike'n'Beats 18:30 - 19:15 Jo ST 🔴	Military Fit 18:30 - 19:15 Iryna ST 🟠	Fitness Party 18:30 - 19:15 Iryna ST 🔴	Healthy Back 18:30 - 19:15 Iryna ST 🟠		
20:00		Upper Body Power Pump 19:30 - 20:15 Stephania ST 🟠	Yoga 19:30 - 20:30 Mathieu ST 🔵	Yoga 19:30 - 20:15 Nicole ST 🔵			

ST STUDIO **GF** GYM FLOOR **OD** 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