

# GROUP EX SCHEDULE

2025Q2 | MAR - 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
07:00	<b>Spin Club</b> 7:00 - 7:45 Aaron ST 🔴	<b>Mobility &amp; Core</b> 7:00 - 7:45 Nemanja ST 🔴	<b>Yoga</b> 7:00 - 8:00 Mathieu ST 🔵	<b>Life Cycle</b> 7:00 - 7:45 Jo ST 🔴	<b>Barre &amp; Beyond</b> 7:00 - 8:00 Stefania K. ST 🔵		
08:00						<b>Yoga</b> 7:45 - 8:45 Anna ST 🔵	<b>HIIT</b> 8:00 - 8:45 Nemanja ST 🔴
09:00	<b>Vinyasa Yoga</b> 8:15 - 9:15 Nicole ST 🔵	<b>Tabata Body Sculpt</b> 8:15 - 9:15 Stephania ST 🔴	<b>Shred</b> 8:30 - 9:15 Jo ST 🔴	<b>Pilates</b> 8:15 - 9:15 Anja ST 🔵	<b>Life cycle</b> 8:30 - 9:15 Gillian ST 🔴		
10:00	<b>Interval HIIT</b> 9:30 - 10:30 Gillian ST 🔴	<b>Morning Flow</b> 9:30 - 10:30 Iryna ST 🔵	<b>Life Cycle</b> 9:30 - 10:15 Jo ST 🔴	<b>Power Pump</b> 9:30 - 10:30 Gillian ST 🔴	<b>Strength</b> 9:30 - 10:30 Stephania ST 🔴	<b>Core Crusher</b> 9:00 - 9:45 Stephania ST 🔴	<b>Vinyasa Yoga</b> 9:00 - 10:00 Nicole ST 🔵
11:00						<b>Life Cycle</b> 10:00 - 11:00 Tania ST 🔴	<b>Life Cycle</b> 10:15 - 11:00 Aaron ST 🔴
12:00						<b>Interval HIIT</b> 11:15 - 12:15 Catarina ST 🔴	
13:00	<b>Core Evolution</b> 13:00 - 13:45 Jo ST 🔴	<b>Power House</b> 13:00 - 13:45 Stephania ST 🔴	<b>Yoga</b> 13:00 - 13:45 Nicole ST 🔵	<b>Interval HIIT</b> 13:00 - 13:45 Gillian ST 🔴	<b>Pilates</b> 13:00 - 13:45 Anja ST 🔵		
14:00							
15:00							
16:00							
17:00							
18:00	<b>Pilates</b> 18:00 - 18:45 Anja ST 🔵	<b>Kettlebells</b> 17:30 - 18:15 Iryna ST 🔴	<b>Functional HIIT</b> 17:30 - 18:15 Stephania ST 🔴	<b>Fight Fit Strength</b> 17:30 - 18:15 George ST 🔴	<b>Strong &amp; Lean</b> 17:30 - 18:15 Iryna ST 🔴		
19:00	<b>Life Cycle</b> 19:00 - 19:45 Jo ST 🔴	<b>Bike 'n' Beats</b> 18:30 - 19:15 Jo ST 🔴	<b>Back in Focus</b> 18:30 - 19:15 Iryna ST 🔴	<b>Spin Club</b> 18:30 - 19:15 Aaron ST 🔴	<b>Assisted Stretching</b> 18:30 - 19:15 Iryna ST 🔴		
20:00		<b>Boxfit</b> 19:30 - 20:15 George ST 🔴	<b>Yoga</b> 19:30 - 20:30 Mathieu ST 🔵	<b>Yoga</b> 19:30 - 20:15 Nicole ST 🔵			

ST STUDIO    GF GYM FLOOR    OD OUTDOOR



**EPILEPSY WARNING**  
Every class could use lighting effects which may be unsuitable for persons with photosensitive epilepsy.

YOUR OWN PACE 🔴  
GETTING HOT 🔴🔴  
PHEW! 🔴🔴🔴

CONDITIONING  
CARDIO  
HOLISTIC  
CORE STRENGTH