

# 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	Spin Club 7:00 - 7:45 Aaron ST	Mobility & Core 7:00 - 7:45 Nemanja ST	Yoga 7:00 - 8:00 Mathieu	Life Cycle 7:00 - 7:45 Jo ST	Wellness Flow 7:15 - 8:15 Kenzie		
08:00	Vinyasa Yoga 8:15 - 9:15 Nicole ST	Tabata Body Sculpt 8:15 - 9:15 Stephania ST	Shred 8:30 - 9:15 Jo ST	Pilates 8:15 - 9:15 Anja ST	Life cycle 8:30 - 9:15 Gillian ST	Yoga 7:45 - 8:45 Anna ST	HIIT 8:00 - 8:45 Nemanja
09:00	Interval HIIT 9:30 - 10:30 Gillian ST	Morning Flow 9:30 - 10:30 Iryna ST	Life Cycle 9:30 - 10:15 Jo ST	Power Pump 9:30 - 10:30 Gillian ST	Strength 9:30 - 10:30 Stephania ST	Core Crusher 9:00 - 9:45 Stephania ST	Vinyasa Yoga 9:00 - 10:00 Nicole ST
10:00						Life Cycle 10:00 - 11:00 Tania ST	Life Cycle 10:15 - 11:00 Aaron ST
11:00						Interval HIIT 11:15 - 12:15 Catarina ST	
12:00							
13:00	Core Evolution 13:00 - 13:45 Jo ST	Power House 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	Kettlebells 17:30 - 18:15 Iryna ST	Functional HIIT 17:30 - 18:15 Stephania ST	Fight Fit Strength 17:30 - 18:15 George ST	Strong & Lean 17:30 - 18:15 Iryna ST		
19:00	Life Cycle 19:00 - 19:45 Jo ST	Bike 'n' Beats 18:30 - 19:15 Jo ST	Back in Focus 18:30 - 19:15 Iryna ST	Spin Club 18:30 - 19:15 Aaron ST	Assisted Stretching 18:30 - 19:15 Iryna ST		
20:00		Boxfit 19:30 - 20:15 George ST	Yoga 19:30 - 20:30 Mathieu ST	Yoga 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 1 drop  
GETTING HOT 2 drops  
PHEW! 3 drops

CONDITIONING  
CARDIO  
HOLISTIC  
CORE STRENGTH