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 (ST)	Life Cycle 7:00 - 7:45 Jo (ST)	Wellness Flow 7:15 - 8:15 Kenzie (ST)		
08:00	Vinyasa Yoga 8:15 - 9:15 Nicole (ST)	Tabata Body Sculpt 8:15 - 9:15 Stephania (ST)	Circuit Shred 8:30 - 9:15 Stephania (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 (ST)
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 - 10:45 Tania (ST)	Life Cycle 10:15 - 11:00 Aaron (ST)
11:00						Interval HIIT 11:00 - 12:00 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)	Circuit 17:30 - 18:15 (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		Fitness Party 19:30 - 20:15 Iryna (ST)	Yoga 19:30 - 20:30 Mathieu (ST)	Yoga 19:30 - 20:15 Nicole (ST)			

ST STUDIO GF GYM FLOOR OD OUTDOOR

CYNERGI health & fitness club

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

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