

2019 Q2 GROUP EX

MAY-AUGUST

OUTDOOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	GARDEN YOGA 7.00-8.00 Judith ♣	BAYSIDE BOOTCAMP 7.00-7.45 Tara ♣♣		BAYSIDE BOOTCAMP 7.00-7.45 Tara ♣♣		

GYM FLOOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TRX®TRA 15.30-16.15 Keith ♣♣		TRX®TRA 15.30-16.15 Keith ♣♣			

INDOOR POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	AQUAFUSION 19.00-19.45 Raissa ♣				AQUAFUSION 11.45-12.30 Raissa ♣	

STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LIFECYCLE 7.00-7.45 Lourdes ♣♣						
PILATES 8.15-9.15 Anja ♣	CORE EVOLUTION 8.15-9.00 Core Crew ♣♣	BODY ASSAULT 8.15-9.15 Catarina ♣♣♣	PILATES 8.15-9.15 Anja ♣	YOGA 8.15-9.15 Anna ♣		
INTERVAL HIIT 9.30-10.30 Gillian ♣♣♣	LIFECYCLE 9.15-10.00 Jo ♣	CIRCUIT 9.30-10.30 Daniel ♣♣	PUMP 9.30-10.30 Gillian ♣♣	SPIN 'N' STRENGTH 9.30-10.30 Jo ♣♣♣	LIFECYCLE 9.30-10.15 Duncan ♣♣	HATHA YOGA 9.15-10.15 Judith ♣
		CORE EVOLUTION 12.15-12.55 Core Crew ♣♣			INTERVAL HIIT 10.30-11.30 Gillian ♣♣♣	LIFECYCLE 10.30-11.15 Aaron ♣♣
BODY ASSAULT 13.00-13.45 Catarina ♣♣♣	PUMP 13.00-13.45 Gillian ♣♣	BIKE 'N' BEATS 13.00-13.45 Jo ♣	CIRCUIT 13.00-13.45 Daniel ♣♣	INTERVAL HIIT 13.00-13.45 Gillian ♣♣♣		
CORE EVOLUTION 17.30-18.15 Core Crew ♣♣			SHRED 17.30-18.15 Jo ♣♣♣			
BIKE 'N' BEATS 18.30-19.15 Jo ♣	CIRCUIT 18.15-19.15 Daniel ♣♣	BARRE 18.15-19.15 Sue ♣♣	CORE EVOLUTION 18.30-19.15 Core Crew ♣♣	BIKE 'N' BEATS 18.30-19.15 Lourdes ♣♣		
PUMP 19.30-20.30 Gillian ♣♣	LIFECYCLE 19.30-20.15 Daniel ♣♣♣	BODY ASSAULT 19.30-20.30 Catarina ♣♣♣	HATHA YOGA 19.30-20.30 Judith ♣	TWERK IT! 19.30-20.30 Francisco ♣		

Cynergi's group exercise schedule is updated every four months to ensure your workouts remain challenging and fun

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