



Fitness classes - Timetable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 Michael Spinning + 15'cores	6:30 Fabrice LES MILLS GRIT	6:45 Michael Spinning	6:15 Aurelie.S Pilates	7:00 Michael Spinning + 15'cores	7:15 Fabrice Killer Booty & Abs Workout	7:30 ** Body Conditioning
7:00 Aurelie.S Slow Flow Yoga	7:15 Aurelie.S Pilates	6:45 Gino LES MILLS BODYPUMP	7:15 Anthony LES MILLS GRIT	7:00 Manuela Pilates	8:15 Christopher Latin Hits	8:30 ** Spinning
8:30 Anthony Body Conditioning	8:30 Billy Spin & Cores	8:00 Aurelie.S Power Yoga	8:30 Aurelie.S Pilates	8:30 Billy LES MILLS BODYPUMP	8:30 Billy Spinning	9:30 Moshin Yoga
10:30 Anthony Senior Fitness	10:30 Clarel Senior Fitness	9:30 Billy Aqua Gym	10:30 Clarel Senior Fitness	9:30 ** Aqua Gym	9:30 Christopher Afro Dance	
12:15 Gino LES MILLS GRIT	12:15 Rayhan Functional Workout	12:15 Rayhan LES MILLS GRIT / BODYPUMP	12:15 Fabrice Cardio Sculpt	12:15 Billy Body Conditioning	9:30 Billy Mat Work Pilates*	
17:15 Michael Spinning		16:00 Anthony Box Fit Kids	16:00 Anthony Fit Kids		10:30 Moshin Hatha Yoga	
17:15 Moshin Kundalini Yoga				17:15 Moshin Hatha Yoga	11:15 Moshin Kundalini Yoga	
17:15 Billy Mat Work Pilates*	17:15 Gino Box Fit*				12:00 Moshin Meditation	
17:30 Fabrice Outdoor HIIT Circuit	17:30 Billy LES MILLS BODYPUMP	17:30 Laetitia Zumba	17:30 Christopher Mix Dance Fitness			
18:15 Billy Step Freestyle	17:45 Ritz Spinning	17:30 Fabrice Outdoor HIIT Circuit	17:30 Billy Spinning			
18:15 Michael Spinning	18:15 Gino Box Fit*	18:00 Michael Spinning	17:45 Gino Box Fit*			
19:15 Fabrice Cardio Sculpt	18:30 Christopher Latino Fitness	18:30 Anthony LES MILLS BODYPUMP	18:30 Fabrice LES MILLS BODYPUMP			

■ STRENGTH & CONDITIONING

■ PILATES

■ DANCE / ZUMBA

■ SPINNING

■ AQUA GYM

■ HIIT WORKOUT

■ YOGA / MEDITATION

■ SENIOR FITNESS

■ KIDS CLASSES

* SMALL ROOM (9 pax only)

** COACH SUBJECT TO CHANGE EVERY WEEK



Monday - Friday 06:00 - 21:00 | Saturday 06:30 - 19:00 | Sunday & Public holidays 07:00 - 12:00

synergy.mu