



Fitness classes - Timetable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15 Fabrice Xtreme HIIT Circuit		6:15 Aurelie.S Pilates			
7:00 Aurelie.S Slow Flow Yoga	7:00 Michael Spinning	7:00 Billy Step	7:15 Jean-Marie HIIT Workout	7:00 Michael Spinning	7:15 Fabrice Killer Booty & Abs Workout	7:30 ** Total Body Conditioning
8:30 Sonakshi Total Body Conditioning	7:15 Aurelie.S Pilates	8:00 Aurelie.S Power Yoga	7:00 Jordan Spinning	7:00 Gino Strenght & Conditioning	8:30 Christopher Latin Hits	8:30 ** Spinning
10:30 Sonakshi Senior Fitness	8:30 Jordan Spinning	9:30 Billy Aqua Gym	8:30 Aurelie.S Pilates	8:30 Billy Body Sculpt	8:30 ** Spinning	9:30 Moshin Yoga
	10:30 Clarel Senior Fitness		10:30 Clarel Senior Fitness	9:30 Billy Aqua Gym	9:30 Christopher Afro Dance	
12:15 Gino Total Body Conditioning	12:15 Aurelie.H Functional Circuit	12:15 Billy Spin & Cores	12:15 Fabrice Cardio Sculpt	12:15 Billy Functional Circuit	10:30 Billy Swiss Ball*	
17:15 Michael Spinning		15:30 Laetitia Fitness Teens			10:30 Moshin Hatha Yoga	
17:15 Moshin Kundalini Yoga		17:30 Laetitia Zumba	15:30 Christopher Dance Kids		11:30 Moshin Kundalini Yoga	
17:15 Billy Mat Work Pilates*	17:30 Jean-Marie Circuit High Intensity	17:30 Michael Spinning	17:30 Christopher Mix Dance Fitness	17:00 Moshin Hatha Yoga	12:30 Moshin Meditation	
18:15 Billy Step	17:30 Aurelie.H Spinning	17:30 Fabrice Outdoor Xtreme Circuit	17:30 Billy Spinning	17:15 Billy Outdoor Functional Circuit		
18:15 Michael Spinning	18:30 Christopher Latino Fitness	18:30 Jean-Marie Pump It	18:30 Billy Mat Work Pilates			
19:15 Fabrice Cardio Sculpt			19:30 Fabrice Burn Intervals			

- STRENGHT & 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

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