



Synergy Fitness Long Beach Group Fitness Schedule
 Contact us at: (516)- 432-6300 | Effective November 16th, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00AM-9:45AM Total Body Sculpt Lisa	9:00AM-9:45AM Tighten & Tone Lisa	9:30AM-10:15AM Insanity Amy	9:00AM-9:45AM Power Sculpt & Core Lisa	9:00AM-9:45AM Booty/Belly Blast Lisa	10:30AM-11:15AM Zumba Dido	
10:00AM-10:45AM Zumba Dido						
5:45PM-6:30PM Body Conditioning Amy	6:30PM-7:15PM Insanity Amy	6:00PM-6:45PM Bootcamp Lucas	5:00PM-5:45PM Yoga Fusion Lisa	<p align="center">GYM HOURS OF OPERATION: Monday-Friday: 6AM-10PM Saturday: 7AM-7PM Sunday: 7AM-3PM BRING A GUEST ON US!!! Complimentary guest passes available. Ask a front desk associate for more details *Classes are subject to change without notice. Please call ahead to confirm.*</p>		