

# \* SYNERGY FITNESS LYNBROOK GROUP FITNESS SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<u>EVENING</u>	<u>EVENING</u>	<u>EVENING</u>	<u>EVENING</u>		<u>MORNING</u>	<u>MORNING</u>
6:30 - 7:15 PM SPIN with ROSE	6:30 - 7:15 PM TOTAL BODY with DARRYL	6:30 - 7:15 PM SPIN with ROSE	6:30 - 7:15 PM BOXING with JAY	<b>**1st Friday every month**</b> <u>FITNESS</u> <u>FRIDAY</u> 6:30 - 8:00 PM \$20- 90 minutes of Fitness with Darryl	8:00-8:45 AM SPIN with ROSE	8:00 - 8:45 AM HIIT with DARRYL
7:30-8:15 PM BOOTCAMP with ROSE	7:30-8:15 PM SPIN w/ROSE	<b>7:30 8:15 PM</b> <b>CARDIO- KICKBOXING</b> w/LOURAINE <b>*NEW CLASS*</b>	7:30-8:15 PM SPIN with ROSE		9:00 - 9:45 AM CARDIO- KICKBOXING w/LOURAINE	

**\*\*GYM HOURS\*\* Monday - Friday 5AM - 11PM Saturday/Sunday 7AM - 8PM**

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2/8/2023