

# \* 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>
*AM CLASSES*	*8:30 AM* JILL'S PURE STRENGTH	*9:30 AM* JAY'S ALL IN ONE	*9:00 AM* ADRIENNE'S KICKBOXING		*8:00 AM* SPIN with ROSE	*8:00 AM* HIIT with DARRYL
	*9:30 AM* JILL'S KICKBOXING	*10:30 AM* JAY'S CARDIO CROSS	*10:00 AM* ADRIENNE'S MATT PILATES	**1st Friday every month** <u>FITNESS</u> <u>FRIDAY</u>	*9:00 AM* CARDIO- KICKBOXING w/LOURAINE	
6:30 - 7:15 PM SPIN with ROSE	6:30 - 7:15 PM TOTAL BODY with DARRYL	<b>6:30 - 7:15 PM</b> <b>ZUMBA</b> with CELIA	6:30 - 7:15 PM BOXING with JAY	6:30 - 8:00 PM \$20- 90 minutes of Fitness with Darryl	*10:00 AM* ZUMBA w/LOURAINE	
7:30 PM BODY BLAST with ROMEO	7:30 - 8:15 PM SPIN with ROSE	↑↑↑↑↑ <b>NEW CLASS</b> <b>NEW INSTRUCTOR</b>	7:30 - 8:15 PM SPIN with ROSE			

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

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**starting 11/6/2024**