

* 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	*9:00AM* JILL'S PURE STRENGTH	*9:00 AM* POWER FIT w/Stephanie	*9:00 AM* ADRIENNE'S KICKBOXING		*8:00 AM* SPIN with ROSE	*8:00 AM* HIIT with DARRYL
	9:45 AM JILL'S KICKBOXING	↑NEW CLASS↑ starts 10/1/25	*10:00 AM* ADRIENNE'S MAT PILATES		*9:00 AM* CARDIO- KICKBOXING w/LOURAINE	
6:30 - 7:15 PM SPIN with ROSE	6:30 -7:15 PM TOTAL BODY with DARRYL	6:30 -7:15 PM ZUMBA with CELIA	6:30 -7:15 PM POWER FIT w/Stephanie			
7:30 PM BODY BLAST with ROMEO	7:30 - 8:15 PM SPIN with ROSE	7:30 -8:15 PM *BOXING * w/ MICHAEL	7:30 - 8:15 PM SPIN with ROSE			
GYM HOURS Monday - Friday 5AM - 11PM Saturday/Sunday 7AM - 8PM						
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