

# \* 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>*9:30 AM*</u> <u>ONE WEIGHT</u> <u>CLASS</u> <u>with</u> <u>ERIC</u>	<u>*10:00 AM*</u> <u>YOGA</u> <u>with</u> <u>MICHELE</u>	<u>*9:00 AM*</u> <u>POWER FIT</u> <u>with</u> <u>Stephanie</u> <u>ON HOLD</u> <u>7/1 - 8/19</u> <u>back 8/26/26</u>	<u>*9:00 AM*</u> <u>CARDIO &amp;</u> <u>WEIGHTS</u> <u>with</u> <u>JEWEL</u>	<u>*9:30 AM*</u> <u>HEAT &amp;</u> <u>MOBILITY</u> <u>STRETCH</u> <u>with</u> <u>ROMEO</u>	<u>*8:00 AM*</u> <u>SPIN</u> <u>with ROSE</u>  <u>*9:00 AM*</u> <u>CARDIO-</u> <u>KICKBOXING</u> <u>w/LOURAINE</u>	<u>*8:00 AM*</u> <u>HIIT</u> <u>with DARRYL</u>
6:30 - 7:15 PM SPIN with ROSE	6:30 - 7:15 PM TOTAL BODY with DARRYL	6:30 - 7:15 PM 1/2 & 1/2 with ERIC	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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**www.synergyfitclubsli.com**

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**6/25/2026**