



SYNERGY

HEALTH & FITNESS

Group Fitness Class Schedule

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM		HammerTime		HammerTime		
5:30 AM	HammerTime Advanced		HammerTime Advanced		HammerTime Advanced	
5:40 AM		SPIN		SPIN		
8:15 AM	Kickboxing	HammerTime	Basic Weight Training	HammerTime Pump	Spin	
8:30 AM						HammerTime (Saturday)
8:45 AM						
9:30 AM	Silver Sneaker Classic	Silver Sneaker Circuit	Silver Sneaker Classic	Silver Sneaker Circuit		
5:15 PM	Hip Hop Fitness	HammerTime Pump	Pilates	Spin		
6:30 P.M.		Strength Training		Strength Training		