

# \*\*\* 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>
8:30 - 9:30 AM STEP with CARLA		5:30 - 6:30 AM SPIN with MARIA	6:00 - 7:00 AM HIIT with DARRYL	8:30 - 9:30 AM STEP with CARLA	8:00 - 9:00 AM BOXING with JAY	8:00 - 9:00 AM INTENSE TRAINING with DARRYL
9:30 - 10:30 AM SPIN with VANESSA	9:00 - 10:00 AM SPIN with DONNA	9:00 - 10:00 AM SPIN with DONNA	9:00 - 10:00 AM SPIN with DONNA	9:30 - 10:30 AM SPIN with ROSE	9:00 - 10:00 AM SPIN with ROSE	8:00 - 9:00 AM SPIN with JAMES
<b>EVENING CLASSES</b>	<b>EVENING CLASSES</b>	<b>EVENING CLASSES</b>	<b>EVENING CLASSES</b>	<p><b>TEMPORARILY SUSPENDED</b></p> <p><b>OPEN 24 HOURS starting:</b> MONDAY 5:00 AM through FRIDAY MIDNIGHT SATURDAY &amp; SUNDAY 7:00 AM - 8:00 PM</p> <p><b>*FREE* CHILD CARE HOURS</b> MONDAY - THURSDAY 5:30 PM - 9:00 PM SATURDAY &amp; SUNDAY 8:00 AM - NOON</p> <p>LIKE US ON FACEBOOK! FOLLOW US ON INSTAGRAM -- synergyfitness_lynbrook</p>		
6:00 - 7:00 PM SPIN with ROSE	6:00 - 7:00 PM BUTTS & GUTS with DARRYL <b>**NEW CLASS**</b>	6:30- 7:30 PM POWER PILOXING with DONNA	6:00 - 7:00 PM SCULPT & TONE with ROSE			
7:00 - 8:00 PM BOOTCAMP with ROSE	7:00 - 8:00 PM ZUMBA with LOURAINÉ	7:30 - 8:30 PM BODY BLAST with VANESSA	7:00 - 8:00 PM ZUMBA with HAYAT			
	7:00 - 8:00 PM SPIN with ROSE	7:30 - 8:30 PM SPIN with DONNA	7:00 - 8:00 PM SPIN with ROSE			
8:00 - 9:00 PM CARVE & CHISEL with VANESSA	8:00 - 9:00 PM TOTAL BODY STRENGTH CONDITIONING(TBSC) with LOURAINÉ		8:00 - 9:00 PM CANDLELIGHT YOGA with CHRISTINE			
<a href="http://www.synergyfitnesslynbrook.com">www.synergyfitnesslynbrook.com</a>			516-593-9100		9/1/20	