

SYNRGY360_T

Synrgy 360t Timetable

These sessions involve moving around the 'Synrgy' station, completing different functional exercises such as rope-pulling, jumping, resistance bands, kettlebells, resistance cables, rebounder exercises and much more.

Routines will be tailored to ability of each person & your goals!



Day	Time	Instructor
Monday	0830-0900	Lisa Thomson
Monday	1230-1300	Jayne
Monday	1730-1800	Georgia
Tuesday Fit @ 50+	1315-1400	Jayne
Wednesday	0930-1000	Georgia
Wednesday	1230-1300	Jayne
Wednesday	1730-1800	Ian
Thursday	0930-1000 1000-1030	Ian
Friday - Strength & Conditioning	0900-1000	Georgia
Saturday NEW	0900-0930	Ian
Saturday	0930-1000	Ian