

Activa Gym Classes

Monday:	7.15-7.45am	Synrgy 360 – Circuits
	6.15-18.45pm	Synrgy 360 – HIIT
Tuesday:	9.45-10.15am	Synrgy 360 – Circuits
	6.30-7.30pm	Bootcamp
Wednesday:	7.15-7.45am	Synrgy 360 – Core
	6.15-6.45pm	Synrgy 360 – Circuits
Thursday:	9.45-10.15am	Synrgy 360 – HIIT
	6.30-7.30pm	Bootcamp
Friday:	7.15-7.45am	Synrgy 360 – HIIT
	6.15-6.45pm	Synrgy 360 – CORE
Saturday:	9.45-10.15am	Synrgy 360 – Circuits
Sunday:	9.45-10.15am	Synrgy 360 - HIIT

