



Synergy Fitness



GROUP CLASS SCHEDULE

PFCC Puchong

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AEROBIC

CIRCUIT TRAINING

CARDIO

BODY & MIND



8:30 am - 9:30 am
TH *



6:30 pm - 7:30 pm
JENNIFER *
*Effective on
9th July onward.



7:30 pm - 8:30 pm
STEPHEN *



7:30 pm - 8:30 pm
CARMEN #



8:00 pm - 9:00 pm
MANDY ■



8:30 am - 9:30 am
ELYNNE ■



6:00 pm - 7:00 pm
RAJ *



6:45 pm - 7:45 pm
EDRIC ■



7:15 pm - 8:15 pm
DAYANA *



7:30 pm - 8:30 pm
CHIRSTY #



8:30 am - 9:30 am
CARMEN #



6:00 pm - 7:00 pm
STEPHEN *



7:00 pm - 8:00 pm
RAJ
Synrgy360



7:00 pm - 8:00 pm
JOHNSON *



8:00 pm - 9:00 pm
EDWARD ■



8:30 am - 9:30 am
NICOLE ■



7:00 pm - 8:00 pm
STEPHEN *



7:30 pm - 8:30 pm
MICHELLE ■



7:30 pm - 8:30 pm
CHRISTY #



8:00 pm - 9:00 pm
VIVIEN *



8:30 am - 9:30 am
TH *



6:30 pm - 7:30 pm
BILLY ■



7:00 pm - 8:00 pm
TERENCE *



7:30 pm - 8:30 pm
RAJ
Synrgy360



9:15 am - 10:15 am
CARMEN #



10:30 am - 11:30 am
RAJ *

* ENERGY STUDIO

■ YOGA STUDIO

CYCLING STUDIO

NOTICE:

Classes and instructors are subject to change at short notice. Please take note that the classes schedule changes during Public Holiday.

Website: www.synergyfitness.com.my

Synergy Fitness Puchong

For inquiries, Please contact us at: **03-8051 3398**

E-MAIL: admin@synergyfitness.com.my

Operations Hours: Monday to Friday (7:00AM to 11:00PM)

Saturday, Sunday & *Public Holiday (9:00AM to 7:00PM)