



Synergy Fitness

GROUP CLASS SCHEDULE

Seri Kembangan

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AEROBIC

CIRCUIT TRAINING

CARDIO

BODY & MIND



3:30 pm - 4:15 pm
ENCO *



6:30 pm - 7:30 pm
SEE *



7:35 pm - 8:35 pm
JEANNY *



8:40 pm - 9:25 pm
SARAH *



6:30 pm - 7:15 pm
JUN
LADIES AREA



7:30 pm - 8:30 pm
CK *



7:45 pm - 8:45 pm
JUN #



8:35 pm - 9:35 pm
BERYL *



2:30 pm - 3:30 pm
ADNES *



6:30 pm - 7:30 pm
XANTHUS *



7:45 pm - 8:30 pm
KC
LADIES AREA



8:00 pm - 9:00 pm
XANTHUS *



3:30 pm - 4:15 pm
ENCO *



6:30 pm - 7:30 pm
MANDY *



7:35 pm - 8:35 pm
MANDY *



7:45 pm - 8:45 pm
JUN #



6:30 pm - 7:15 pm
CATHY *



7:15 pm - 8:15 pm
SARAH *

* ENERGY STUDIO
(1st Floor)

CYCLING STUDIO
(2nd Floor)

■ YOGA STUDIO
(3rd Floor)

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 Malaysia

For inquiries, Please contact us at: **03-8959 1929**

E-MAIL: admin@synergyfitness.com.my

Operations Hours: Monday to Friday (7:00AM to 11.00PM)

Saturday, Sunday & *Public Holiday (8:00AM to 10:00PM)