



SMALL GROUP EXERCISE

OLYMPIA

Class	Day	Time
Generation Fit Gym	Wednesday	09:00-10:00
Full HIIT	Friday	18:00-18:30
Full HIIT	Saturday	08:30-09:00

DOUGLAS

Class	Day	Time
SYNRGY Endurance	Tuesday	17:45-18:30
Class	Day	Time
Full HIIT	Tuesday	18:00-18:30
Full Strength	Tuesday	18:45-19:30
Full Endurance	Wednesday	17:45-18:30

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Class	Day	Time
SYNRGY Form	Monday	17:30-18:15
SNYRGY Strength	Monday	18:30-19:15
SYNRGRY HIIT	Wednesday	17:15-17:45
SYNRGY Endurance	Wednesday	19:00-19:45
SNYRGY Strength	Thursday	14:15-15:00

LOCHEE

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