

# GROUP X FITNESS CLASSES



OUR HISTORY - YOUR FUTURE

**PYMBLE GYM**

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**NORTH SHORE GYM**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6:00AM				YOGA		7:30AM		
6:30AM						8:30AM		
8:30AM	ABT			PILATES	POWER YOGA			
	SYNRGY360					9:00AM		CIRCUIT
9:30AM						9:30AM		
9:40AM								
10:30AM	PILATES		POWER YOGA	SCULPT				
		SYNRGY360			SYNRGY360	10:00AM		POWER YOGA 75 mins
11:30AM	SCULPT	ABT				10:30AM	PILATES	
12:00PM								
12:15PM						4:00PM		
12:30PM	YOGA					5:00PM		
1:00PM								
5:30PM								
5:45PM	SYNRGY360							
6:00PM				SYNRGY360				
6:30PM		PILATES	POWER YOGA		RESTORATIVE YOGA			
7:30PM	YOGA (7:45PM)							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:45AM	SPIN	BOXING 6:10AM	SPIN	BOXING 6:10AM	SPIN	7:30AM		
8:15AM		SPIN		SPIN		7:45AM	SPIN	
9:30AM				BOXING				
9:45AM					SPIN			
10:45AM	SPIN		SPIN			4:00PM		SPIN 1 HOUR
5:45PM		SPIN		SPIN				
6:30PM	SPIN		SPIN					

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NORTH SHORE GYM APP**

