

Synergy Fitness Astoria



Group Classes 2009 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BOOT CAMP Jonathan 9:00 - 10:00	IYEGAR YOGA kerrie 8:30 - 10:00	Abs Solution Jonathan 9:00 - 9:45	BODY BLAST HARLEY 9:00 - 10:00	Total Body Kerrie 9:00 - 10:00	Krav- Maga Sonny 10:00 - 11:00
Balance Yoga Andrea 10:00 - 11:00am						Yogalates Kristine 11:00 - 12:00
BRAZILIAN JUI-JITSU 11:00AM - 1:00PM						Body Toning Brad 12:00 - 1:00
		synergy super sculpt Daniel 5:30 - 6:30	Pilates Kristine 6:00 - 7:00			Belly Dance KawaKeb 3:30 - 5:00
	Classic boxing Lambros 6:30 - 7:30	Belly Dance Kawakeb 6:30 - 7:30	AEROBICS LISA 7:00 - 7:50	Abs Solution Andrea 6:30 - 7:30	<i>NEW</i> Abs - Butt - Thigh Eo 6:30 - 7:15	
	<i>NEW</i> Cardio Dance LISA 7:30 - 8:15	Cardio Kickboxing Brad 7:30 - 8:30	VINYASA YOGA TREVOR 8:00-8:50	TOTAL BODY CONDITION HARLEY 7:30 - 8:30	Classic Boxing Petros 7:30 - 8:30	
	Body Toning Brad 8:15 - 9:00	Yogalates Kristine 8:30 - 9:30	KICK-BOXING BRAD 9:00-10:00	Balance Yoga Andrea 8:30 - 9:30		
	Abs - Butt - Thigh HuRLEY 9:00 - 9:45					

Opening Hours: Monday from 5:30 am - Friday close 11pm SAT/SUN 7AM-9PM

