

SYNERGY FITNESS MERRICK-GROUP FITNESS SCHEDULE (516)867-7767

EFFECTIVE: **SEPT. 13, 2010**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-7:00 SPIN LENNY		6:00-7:00 SPIN MARIE			
9:00-10:00 SPIN KELLY	9:00-10:00 BODY SCULPT LINDA	9:00-10:00 YOGA KAT	9:00-10:00 BODY SCULPT ERICA	8:00-8:45 YOGA LISA	8:30-9:30 SPIN LENNY	8:30-9:30 SPIN WENDY
10:15-10:45 EXPRESS BODY SCULPT KELLY	10:00-11:00 BOOTCAMP COMBO LINDA	9:00-10:00 SPIN KIM C	10:00-11:00 ZUMBA RUTH	9:00-9:45 STEP SHERI	8:30-9:30 YOGA ERIC	8:30-9:30 YOGA DONNA
		10:15-10:45 EXPRESS BODY SCULPT KIM C		9:45-10:30 SCULPT SHERI	9:45-10:45 ZUMBA PEGGY	9:45-10:45 BOOTCAMP COMBO MELODY
	4:00-5:00 KICKBOXING VAL		4:00-5:00 POWER YOGA KAT	<p align="center">HOURS OF OPERATION: MONDAY 5:30AM-FRIDAY 11PM (24 HOURS) SATURDAY AND SUNDAY 7:00AM-8:00PM</p> <p align="center">CHILD CARE HOURS: MONDAY - SUNDAY 8:00AM - 1:00PM MONDAY - THURSDAY 4:00PM - 9:00PM **Classes are subject to change without notice**</p>		
4:30-5:30 BODY SCULPT CLEO	5:00-6:00 YOGA LIZ	4:30-5:30 SPIN CLEO	5:00-6:00 ZUMBA LLOYD			
6:00-7:00 SPIN WENDY	6:00-7:00 CARDIO SCULPT CLEO	6:00-7:00 BODY SCULPT CLEO	6:00-7:00 KICKBOXING VAL			
7:00-7:45 BOOTCAMP NIA	7:00-8:00 SPIN VALERIE	7:00-8:00 BOOTCAMP DANA	7:00-8:00 SPIN VALERIE			
7:45-8:30 BODY SCULPT NIA	7:30-8:30 YOGA GEETHA	8:00-9:00 ZUMBA RUTH	7:30-8:30 YOGA LISA			