



# SMALL GROUP CLASS SCHEDULE

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

**8.00**

*\*Synergy Outdoor*  
(Levi)

**8.00**

Posture + Strength  
(Estelle)

**9.00**

Mobility + Core  
(Estelle)

**12.00**

Pilates  
(Estelle)

**18.00**

*\*Synergy Outdoor*  
(Levi)

**18.30**

*\*Mobility + Core*  
(Arnaud)

**8.00**

*\*Synergy Outdoor*  
(Levi)

**12.00**

Pilates  
(Estelle)

**12.45**

Mobility + Core  
(Estelle)

**18.00**

Posture + Strength  
(Estelle)

**7.00**

*\*Synergy Outdoor*  
(Levi)

**7.10**

Body Awake  
(Derk)

**8.00**

*\*Synergy Outdoor*  
(Levi)

**12.00**

Core + Stability  
(Derk)

**18.00**

*\*Synergy Outdoor*  
(Levi)

**12.00**

Core + Stability  
(Derk)

**12.45**

Posture + Strength  
(Estelle)

**18.30**

Mobility + Core  
(Estelle)

**7.10**

Body Awake  
(Derk)

**8.00**

Body Awake  
(Derk)

**8.00**

*\*Synergy Outdoor*  
(Levi)

**12.00**

Core + Stability  
(Derk)

**9.00**

*\*Synergy Outdoor*  
(Levi)

**12.00**

*\*BBB*  
(Ellie)

**10.00**

*\*Body Awake*  
(Alternating  
Instructors)

**12.00**

*\*Mobility + Core:  
Upper Body*  
(Patricija)

*\*These classes are not available for booking via ClassPass or OneFit*