

# SYNCSTUDIO DOWNTOWN

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CIRCUIT TRAINING</b> 6:00AM	<b>YOGA</b> 6:30AM	<b>CIRCUIT TRAINING</b> 6:00AM	<b>YOGA</b> 6:30AM			
<b>SYNCCOMBO</b> 5:45PM	<b>CIRCUIT TRAINING</b> 12:00PM	<b>SYNCCYCLING® [B]</b> 5:45PM	<b>CIRCUIT TRAINING</b> 12:00PM		<b>SYNCCYCLING® [B-I]</b> 10:15AM	<b>CIRCUIT TRAINING</b> 11:00AM
<b>SYNCCYCLING® [B]</b> 7:00PM	<b>SYNCCYCLING® [B-I]</b> 5:45PM	<b>YOGA [B]</b> 7:00PM	<b>SYNCCYCLING® [B-I]</b> 5:45PM	<b>SYNCCYCLING®</b> 5:45PM	<b>CIRCUIT TRAINING</b> 11:30AM	<b>SYNCCYCLING® [B]</b> 12:30PM
	<b>SYNCCYCLING®</b> 7:00PM		<b>SYNCCOMBO</b> 7:00PM			

## NEW TO CYCLING OR YOGA? TRY A BASICS OR BEGINNER-INTERMEDIATE CLASS!

[B]=BASICS [B-I]=BEGINNER-INTERMEDIATE

CLASS DESCRIPTIONS ONLINE. SCHEDULE SUBJECT TO CHANGE.

WE ARE LOCATED IN DURHAM'S TRINITY PARK NEIGHBORHOOD, JUST BLOCKS  
FROM BRIGHTLEAF SQUARE AND DUKE'S EAST CAMPUS ON LAMOND AVE BETWEEN GREGSON AND ALBEMARLE.

**INTRO MONTH \$30 FOR 30 DAYS!**  
**SIGN-UP ONLINE TODAY** [**WWW.SYNCSTUDIO.NET**]



**SYNCCYCLING®**



**SYNCCYOGA**



**SYNCWELLNESS**



**SYNCSOCIAL**