

# SYNCSTUDIO SOUTH

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SYNCCYCLING®</b> 5:45AM	<b>SYNCCYCLING®</b> 5:45AM	<b>SYNCCYCLING®</b> 5:45AM	<b>SYNCCYCLING®</b> 5:45AM	<b>SYNCCYCLING®</b> 5:45AM		
<b>CIRCUIT TRAINING</b> 5:45AM	<b>CIRCUIT TRAINING</b> 5:45AM	<b>CIRCUIT TRAINING</b> 5:45AM	<b>CIRCUIT TRAINING</b> 5:45AM	<b>CIRCUIT TRAINING</b> 5:45AM	<b>CYCLING</b> 8:00AM	
<b>CIRCUIT TRAINING</b> 7:00AM		<b>CIRCUIT TRAINING</b> 7:00AM		<b>CIRCUIT TRAINING</b> 7:00AM	<b>SYNCCYCLING®</b> 9:00AM	<b>SYNCCYCLING®</b> 9:00AM
<b>SYNCCYCLING®</b> 9:45AM		<b>CYCLING</b> 9:45AM		<b>YOGA</b> 9:30AM	<b>YOGA [B]</b> 9:00AM	<b>CIRCUIT TRAINING</b> 9:00AM
<b>YOGA</b> 5:30PM	<b>YOGA</b> 5:30PM	<b>YOGA</b> 5:30PM	<b>YOGA</b> 5:30PM	<b>YOGA</b> 5:45PM	<b>SYNCCOMBO</b> 10:30AM	<b>SYNCCOMBO</b> 10:15AM
<b>CIRCUIT TRAINING</b> 5:30PM	<b>SYNCCYCLING®</b> 5:45PM	<b>SYNCCOMBO</b> 5:45PM	<b>SYNCCYCLING® [B]</b> 5:45PM	<b>SYNCCYCLING®</b> 5:45PM	<b>SYNCCYCLING® [B-I]</b> 11:00AM	<b>SYNCCYCLING®</b> 3:45PM
<b>SYNCCYCLING® [B]</b> 5:45PM	<b>YOGA</b> 7:00PM	<b>YOGA</b> 7:00PM	<b>YOGA [B]</b> 7:00PM	<b>SYNCCOMBO</b> 7:00PM	<b>YOGA</b> 12:15PM	<b>YOGA</b> 5:00PM
<b>YOGA [B]</b> 7:00PM	<b>SYNCCYCLING® [B-I]</b> 7:00PM	<b>SYNCCYCLING®</b> 7:00PM	<b>SYNCCYCLING®</b> 7:00PM		<b>SYNCCYCLING® [B]</b> 12:15PM	
<b>SYNCCYCLING®</b> 7:00PM						

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

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

CLASS DESCRIPTIONS ONLINE. SCHEDULE SUBJECT TO CHANGE.

**INTRO MONTH \$30 FOR 30 DAYS!**  
SIGN-UP ONLINE TODAY

**[WWW.SYNCSTUDIO.NET]**



**SYNCCYCLING®**



**SYNCYOGA**



**SYNCWELLNESS**



**SYNCSOCIAL**