

# SYNRGY360

## Synrgy 360t Timetable

These sessions involve moving around the 'Synrgy' station, completing different functional exercises such as rope-pulling, jumping, resistance bands, kettlebells, resistance cables, rebounder exercises and much more.

Routines will be tailored to ability of each person & your goals!



| Day                              | Time                         | Instructor   |
|----------------------------------|------------------------------|--------------|
| Monday                           | 0830-0900                    | Lisa Thomson |
| Monday                           | 1230-1300                    | Jayne        |
| Monday                           | 1730-1800                    | Georgia      |
| Monday - Junior Synrgy           | 1600-1630                    | Georgia      |
| Tuesday<br>Fit @ 50+             | 1315-1345                    | Jayne        |
| Wednesday                        | 0930-1000                    | Georgia      |
| Wednesday                        | 1230-1300                    | Jayne        |
| Wednesday                        | 1730-1800                    | Ian          |
| Thursday                         | 0930-1000<br>NEW!! 1000-1030 | Ian          |
| Friday - Strength & Conditioning | 0900-1000                    | Georgia      |
| Saturday                         | 09:30-10:00                  | Ian          |

## SYNRGY360<sub>T</sub>

### Amserlen Synrgy 360t

Mae'r sesiynau hyn yn cynnwys symud o amgylch yr orsaf 'Synrgy', cwblhau gwahanol ymarferion gweithredol fel tynnu rhaff, neidio, bandiau gwrthiant, dymbelau tegell, ceblau gwrthiant, ymarferion adlamu a llawer mwy. Bydd ymarferion yn cael eu haddasu i allu pob person a'ch amcanion!



| Dydd                           | Amser                           | Hyfforddwr   |
|--------------------------------|---------------------------------|--------------|
| Llun                           | 0830-0900                       | Lisa Thomson |
| Llun                           | 1230-1300                       | Jayne        |
| Llun                           | 1730-1800                       | Georgia      |
| Llun - Dosbarth Iau            | 1600-1630                       | Georgia      |
| Mawrth - Ffitrwydd @ 50+       | 1315-1400                       | Jayne        |
| Mercher                        | 0930-1000                       | Georgia      |
| Mercher                        | 1230-1300                       | Jayne        |
| Mercher                        | 1730-1800                       | Ian          |
| Iau                            | 0930-1000<br>NEWYDD!! 1000-1030 | Ian          |
| Gwener - Cryfder a Chydbwysedd | 0900-1000                       | Georgia      |
| Sadwrn                         | 0930-1000                       | Ian          |