

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
Tuesday Fit @ 50+	1315-1345	Jayne
Wednesday	0930-1000	Georgia
Wednesday	1230-1300	Jayne
Wednesday	1730-1800	Ian
Thursday	0930-1000 1000-1030	Ian
Friday - Strength & Conditioning	0900-1000	Georgia
Saturday	09:30-10:00	Ian

SYNRGY360_T

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
Mawrth - Ffitrwydd @ 50+	1315-1400	Jayne
Mercher	0930-1000	Georgia
Mercher	1230-1300	Jayne
Mercher	1730-1800	Ian
Iau	0930-1000 1000-1030	Ian
Gwener - Cryfder a Chydbwysedd	0900-1000	Georgia
Sadwrn	0930-1000	Ian