

Weekly Schedule at a Glance (group Class from 1-30 April 2026)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:50 @Synergy	Awaken Flow Yoga	Sunrise Hatha Yoga	Aqua Vitality Flow @ Senses Pool (Max 10)	Sunrise Hatha Yoga	Aqua Vitality Flow @ Senses Pool (Max 10)	Hatha Yoga	Gentle Yoga
9:00-9:50 @Synergy	Core Flow & Alignment	Muay Thai Foundations	Low Impact Metabolic Reset	Postural Flow	Muay Thai Foundations	Metabolic Reset	Core Flow
1:00-1:30 @Synergy	Spine Reset for Travel Bodies	Static Stretch & Fascia Ease	Gentle Mobility for Longevity	Lower Back Relief	Dynamic Stretch	Static Stretch	Digestive Health Talk @ Stories Room
2:00-3:00 @Synergy	Aero Flow Boxing	Functional HIIT	Circuit Conditioning	Aero Flow Boxing	TRX Precision (Max 7)	Metabolic TABATA	Functional Bodyweight
2:00-3:30 @Serene	🎨 CREATIVE: Ceramic Painting 1,200++	🕯️ CREATIVE: Soy Candle Making 1,000++	🎨 CREATIVE: Ceramic Painting 1,200++	🧼 CREATIVE: Glycerin Soap 1,000++	🎨 CREATIVE: Ceramic Painting 1,200++	🕯️ CREATIVE: Soy Candle Making 1,000++	🌿 CREATIVE: Botanical Soap 1,000++
4:00-4:50 @Synergy	TRX Precision (Max 7) 1,000++	Core Intelligence 1,000++	Intermediate Mat Pilates 1,000++	Core Intelligence 1,000++	Fitball Training (Max 10) 1,000++	Intermediate Mat Pilates 1,000++	HIIT Intelligence 1,000++