



410-964-9858

8815 Columbia 100 Parkway Suite 2

Columbia, MD 21045

info@synergyfxfit.com

Revised: 2/11/2021

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00AM		Sproing	TRX	Row & Mo	Buddha Camp	Sproing	
8:30AM	Sproing		Buddha Camp				
9:00AM							Sproing
9:30AM		Sproing		Functional Training Fx			Reformer Rehab
9:30AM				Reformer I/II			
9:45AM	Functional Training Fx						
10:00AM			Zumba				
10:00AM					Zumba	Buddha Camp	
10:10AM							Sproing
10:30AM							Fight Club
10:45AM	TRX						
11:00AM		Bungee Bootcamp	Total Body Workout		Hercules HIIT		Buddha Camp
12:00PM	Reformer I/II	Right to Bare Arms				Lethal Strength	
12:30PM							Just Row* Just Row*

Black- In Studio Classes

Red- Virtual Classes



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Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30PM		Fight Club	Functional Training Fx	Barre, Core & More	Rod's Old School Strength	Zumba	
5:30PM		Sproing		Sproing			
6:00PM					Buddha Camp		
6:00PM					Functional Training Fx		
6:30PM			Step	Zumba			
6:45PM		TRX	Sproing	Bungee Bootcamp			
7:00PM				Just Row *	Sproing		
7:00PM				Just Row*			
7:30PM		Zumba					

Black- In Studio Classes

Red- Virtual Classes