

SYNCSTUDIO SOUTH

6815 FAYETTEVILLE RD DUHRAM, NC 27713 • 919-572-7962 • WWW.SYNCSTUDIO.NET

	FIRST CLASS FREE!	NEW TO CYCLING OR YOGA? TRY A BASICS CLASS!
MON	CYCLING 5:45-6:45 TRAINING 7:00-8:00 YOGA 9:30-10:45	* BASICS * 5:45-6:45 CYCLING 7:00-8:00 YOGA 5:30-6:45 YOGA 7:00-8:15 TRAINING 5:30-6:45 PM
TUE	TRAINING 5:45-6:45	CYCLING 5:45-6:45 * BEG-INT * 7:00-8:00 YOGA 5:30-6:45 YOGA 7:00-8:15
WED	CYCLING 5:45-6:45 TRAINING 7:00-8:00 COMBO 9:30-10:45 YOGA 12:00-1:00	COMBO 5:45-6:45 CYCLING 7:00-8:00 YOGA 5:30-6:45 YOGA 7:00-8:15
THU	COMBO 5:45-7:00 PRENATAL 9:30-10:45	* BASICS * 5:45-6:45 CYCLING 7:00-8:00 YOGA 5:30-6:45 * BASICS * 7:00-8:15
FRI	CYCLING 5:45-6:45 TRAINING 7:00-8:00 YOGA 9:30-10:45	CYCLING 5:45-6:45 COMBO 7:15-8:15 YOGA 5:45-7:00
SAT	CYCLING 9:00-10:00 COMBO 10:15-11:30 * BASICS * 11:00-12:00 * BASICS * 9:00-10:15 YOGA 12:15-1:30	
SUN	CYCLING 9:00-10:00 *** 10:30-11:15 TRAINING 9:00-10:00 COMBO 10:15-11:15 YOGA 11:15-12:30	CYCLING 3:45-4:45 YOGA 5:00-6:30

+ + = YOGA
 + + = CYCLING
 + = CYCLING + YOGA or STRENGTH
 + = STRENGTH + TONING
 + = BI-WEEKLY
 class descriptions online

SCHEDULE SUBJECT TO CHANGE
 PLEASE VISIT OUR WEBSITE TO MAKE RESERVATIONS AND SEE THE MOST CURRENT SCHEDULE

SYNCSTUDIO

DOWNTOWN

913 LAMOND AVE 27701 • 919-572-7962 • WWW.SYNCSTUDIO.NET

FIRST CLASS FREE!		NEW TO CYCLING OR YOGA? TRY A BASICS CLASS!	
MON		CYCLING 6:30-7:30	YOGA 12:00-1:00
TUE	COMBO 5:30-6:30	YOGA 6:30-7:45	TRAINING 12:00-1:00
WED			TRAINING 12:00-1:00
THU	TRAINING 5:30-6:30	YOGA 6:30-7:45	TRAINING 12:00-1:00
FRI			
SAT	CYCLING 9:00-10:00	* BEG-INT * 10:15-11:15	TRAINING 11:30-12:30
SUN		TRAINING 11:00-12:00	* BASICS * 12:30-1:30

PM	
MON	COMBO 5:45-6:45
TUE	* BEG-INT * 5:45-6:45
WED	* BASICS * 5:45-6:45
THU	* BEG-INT * 5:45-6:45
FRI	CYCLING 5:45-6:45
SAT	
SUN	

+ = YOGA
 + = CYCLING
 = CYCLING + YOGA or STRENGTH
 = STRENGTH + TONING
 = SPECIAL
 class descriptions online

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