

Synrgy HIIT

Location: *Fitness 3*

Day & time: *Monday till Friday 08h30-09h00 & Saturday 14h00-14h30*

Sports equipment: *Sports clothes, indoor shoes and a towel*

From Monday till Saturday you can join the Synrgy HIIT classes in Fitness 3. With a small group you will have a fun and intensive class of 30 minutes with an instructor. The High Intensity Interval Training is a method that has relatively short bouts of intense activity and active rest. It's the perfect class in the morning to start your day active and full of energy.

You **don't** have to register for this class!

HIIT Synrgy 360

A complete body workout in only **30 minutes!**

Monday - Friday
08h00 - 14h00
Saturday