



Synrgy Room Schedule

Last Updated May 16, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Y Snrgy Circuit 9:00am-9:45am	Y Snrgy Circuit 9:00am-9:45am		Y Snrgy Circuit 8:45-9:30am			
	Y Snrgy Circuit 10:30am-11:15am				Y Snrgy Circuit 10:30am-11:15am	Y Snrgy Circuit 10:30am-11:15am
					Y Snrgy Circuit 10:45am-11:30am	Y Snrgy Circuit 10:45am-11:30am
Y Snrgy Circuit 5:30pm-6:15pm		Y Snrgy Circuit 5:30pm-6:15pm	Y Snrgy Circuit 5:30pm-6:15pm	Y Snrgy Circuit 5:30pm-6:15pm		