



GROUP EXERCISE HOLIDAY SCHEDULE

EFFECTIVE JULY 1ST - JULY 8TH

SUN (7/1)		M (7/2)		T (7/3)		W (7/4)		TH (7/5)		F (7/6)		SAT (7/7)		SUN (7/8)	
BARRE* (45) ERIN	9:00AM Y	BARRE* (45) ERIN	7:00AM Y	INTENSE MET-CON (45) DECLAN	7:00AM BB	TOTAL BODY COND. (45) KAREN	9:30AM M	SPIN* (45) L.R.	7:00AM SP	SPIN* (45) HEATHER	7:00AM SP	SPIN* (45) MONIKA	9:00AM SP	BARRE* (45) ERIN	9:00AM Y
SPIN* (45) SHAYNE	9:00AM SP	BOXING BASICS* (45) JACKIE	7:00AM B	SPORTS CONDITIONING (45) SEAN	12:15PM M	PILATES (45) KAREN	10:30AM Y	INTENSE MET-CON (45) DECLAN	7:00AM BB	VINYASA YOGA (60) ORI	7:00AM Y	BARRE* (45) DANIELLE	9:00AM Y	SPIN* (45) SHAYNE	9:00AM SP
VINYASA YOGA (75) AMRIT	10:00AM Y	PILATES (45) KAREN	9:30AM M	VINYASA YOGA (60) CATHERINE	1:00PM Y			BARRE BOOTCAMP* (45) JESSICA	12:15PM Y	PILATES (45) DANIELLE	9:30PM Y	BOXING BASICS* (45) JUSTIN	10:00AM M	SPIN* (45) MONIKA	10:00AM SP
TOTAL BODY COND. (45) SHAYNE	10:15AM M	BODY & BOXING (45) JACKIE	12:15PM M	ABS, BUTT & THIGHS (30) SAMANTHA	6:00PM Y			VINYASA YOGA (60) APRIL E	1:00PM Y	INTENSE MET-CON (45) DECLAN	12:15PM BB	VINYASA YOGA (75) AMRIT	10:00AM Y	VINYASA YOGA (75) AMRIT	10:00AM Y
PILATES (60) AMY	11:15AM Y	HARDCORE (30) SHAYNE	6:00PM M	BARRE BOOTCAMP* (45) JESSICA	6:15PM Y			PILATES (45) TAYLOR	6:30PM Y	VINYASA YOGA (60) KATE	6:30PM Y	POWER SCULPT (45) FABIAN	11:15AM M	TOTAL BODY COND. (45) SHAYNE	10:15AM M
VINYASA YOGA (60) APRIL E	6:00PM Y	DANCE! (45) SHAYNE	6:30PM M	ROPE BURN* (30) KWAME "Q"	6:30PM M			AXLE FULL BODY* (50) KIMBERLY	6:30PM M			PILATES (60) DANIELLE	11:15AM Y	PILATES (60) AMY	11:15AM Y
		SPIN* (45) LISA	6:30PM SP	SPIN* (45) MONIKA	6:30PM SP			SPIN* (45) JAYD	7:00PM SP			BOXING* (45) JUSTIN	12:00PM B	VINYASA YOGA (60) APRIL E	6:00PM Y
		BARRE* (45) JESSICA	6:30PM Y	TRX* (45) SAMANTHA	6:45PM BB			BARRE* (45) AMY	7:15PM Y			TRX* (45) FABIAN	12:15PM BB		
		STRENGTH CIRCUIT (45) SHAYNE	7:15PM M	BOXING BASICS* (45) KWAME "Q"	7:15PM B			AXLE CORE* (30) KIMBERLY	7:30PM M			ZUMBA (60) JOSIP	12:15PM M		
		PILATES (60) KAREN	7:15PM Y	HIIT (45) JESSICA	7:15PM M			BOXING* (45) KWAME "Q"	7:30PM B			YOGA FUNDAMENTALS (60) AMRIT	12:15PM Y		
		SPIN* (45) LISA	7:30PM SP	VINYASA YOGA (75) AMRIT	7:00PM Y			CARDIO DANCE (60) JOSIP	8:00PM M						
		MUAY THAI* (60) GERRY	8:00PM M	SPIN* (45) MONIKA	7:30PM SP			STRETCH & RELAX (45) AMY	8:00PM Y						
		VINYASA YOGA (60) ORI	8:15PM Y	ZUMBA (60) JOSIP	8:00PM M										
				BOXING* (45) KWAME "Q"	8:00PM B										

CLUB HOURS

MONDAY	5:30AM - 11:00PM
TUESDAY	5:30AM - 11:00PM
WEDNESDAY	5:30AM - 11:00PM
THURSDAY	5:30AM - 11:00PM
FRIDAY	5:30AM - 10:00PM
SATURDAY	7:00AM - 9:00PM
SUNDAY	8:00AM - 8:00PM

LEGEND

- SP: SPIN STUDIO
- Y: YOGA STUDIO
- M: MOVEMENT STUDIO
- B: BOXING STUDIO
- BB: BASKETBALL COURT
- F: FITNESS FLOOR
- BOLD RED:** DENOTES NEW/CHANGE
- *: SIGNUP REQUIRED

MEMBERS CAN REGISTER FOR CLASSES ONLINE,
OR BY CALLING THE HOSPITALITY DESK @ (212)265-1111

MERCEDES CLUB