



GROUP EXERCISE SCHEDULE

EFFECTIVE JULY 9TH

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