



# ALL-CLUB STUDIO CLASS SCHEDULE

WINTER 2017

Visit [NYHRC.com/studio-classes](http://NYHRC.com/studio-classes) for instructor information and class descriptions.  
New classes are highlighted in light blue. Classes with an asterisks (\*) require sign-up.  
**Schedule is subject to change. See website for class updates.**

**WHITEHALL STREET** | 39 Whitehall Street @ Water St. | 212.269.9800 | **HOURS** Mon-Fri 5:30AM-10PM, Sat 9AM-6PM, Sun 8AM-6PM

M	T	W	Th	F	Sa	Su
7:00 Cycling* :45	7:00 P90X* :30	7:00 Cycling* :45	7:00 Cycling* :45	<b>7:00 Vinyasa Yoga :60</b>	9:15 AquaFIT :45	11:15 Pumped Up :40
11:40 Athletic Abs :30	7:00 Vinyasa Yoga :60	7:00 Tabata Sculpt :45	7:00 Cardio Sculpt :45	7:00 Cycling* :45	10:45 Cycling* :40	Yoga
12:15 Athletic Yoga* :45	7:30 15 Min Abs :15	11:40 Tabata 30* :30	7:45 15 Min Abs :15	11:40 Athletic Abs :30	11:30 Tabata 30 :30	12:00 Yin Flow (Yoga) :60
12:15 Cycling* :45	11:40 Tabata 30* :30	12:15 STRETCH* :40	11:40 STRETCH :30	12:15 Barre Blaster* :45		
12:15 Total Sculpt* :45	12:15 Vinyasa Yoga :45	12:15 30/60/90* (HIIT) :45	12:15 Athletic Yoga :45	12:15 Total Sculpt* :45		
1:00 Zumba* :45	12:15 Total Sculpt :45	12:15 Cycling* :45	12:15 Total Sculpt :45	12:15 Cycling* :45		
1:00 Stretch & Abs :40	12:15 Cycling* :45	1:00 Zumba* :45	12:15 Cycling* :45	1:00 PiYo* Workout :55		
5:30 BareFIT (Sculpt) :45	1:00 Pilates Mat* :50	1:00 Vinyasa Yoga* :50	<b>1:00 Cardio Kick :45</b>	1:00 Vinyasa Yoga :50		
5:45 Cycling* :45	1:00 Boot Camp :45	5:30 Pilates Mat :60	1:00 Pilates Mat :50	5:30 Yin Flow (Yoga) :75		
5:45 Buti* Yoga :45	<b>1:15 Cycle 101* (1.24-2.28) :30</b>	5:45 Boot Camp :45	5:30 Cardio Sculpt :45	5:30 Boot Camp :45		
6:15 Bosu Balance :15	<b>5:15 Abs/Assets :30</b>	6:00 Cycle Xpress* :30	5:30 Buti* Yoga :45	5:30 Aqua Boot Camp :45		
6:30 30/60/90* (HIIT) :45	5:45 Zumba* :45	6:30 30/60/90* (HIIT) :45	6:15 Masala Bhangra* :45			
6:30 Vinyasa Flow :60	5:45 Barre Blaster* :45	6:30 The Metrix :45	6:15 Cycling* :45			
<b>7:15 Abs/Assets :30</b>	6:00 Cycling* :45	7:15 Athletic Abs :15	6:30 Vinyasa Yoga :60			
	6:30 Gridiron Power™ :45					
	6:30 Athletic Yoga :60					
	7:15 Athletic Abs :30					

**13th STREET** | 24 East 13th Street @ University Place | 212.924.4600 | **HOURS** Mon-Fri 6AM-11PM, Sat & Sun 8AM-9PM

M	T	W	Th	F	Sa	Su
7:30 Vinyasa Yoga :45	7:00 Tabata Sculpt :45	7:00 Cycling* :45	7:00 FLUIDITY* (Barre)* :50	7:00 Cycling* :45	<b>9:15 Abs/Assets :30</b>	10:00 Total Sculpt :45
9:15 Zumba* :45	9:15 Cardio Mix :45	8:00 Stretch & Sculpt :45	9:15 Cardio Balance :45	8:00 Pilates Mat :45	9:45 Broadway Dancin :45	10:45 Cardio Mix :30
10:00 Total Sculpt :45	10:00 Sculpt & Alignment :45	9:15 Zumba* :45	10:00 Body Sculpt :45	9:15 Zumba* :45	<b>9:45 BURN 45 :45</b>	10:45 Vinyasa Yoga :60
11:30 Tai Chi :45	11:00 Pilates Strength :60	10:00 Better Balance (Sculpt) :55	11:00 Pilates Mat :45	10:00 Total Sculpt :55	10:30 Total Sculpt :45	<b>11:15 P90X* :45</b>
12:15 Body Sculpt :45	12:00 BareFIT (Sculpt) :45	11:30 Tai Chi :45	12:15 Sculpt & Barre :45	11:30 Tai Chi :45	<b>10:30 Alignment Flow (Yoga) :55</b>	11:15 Cycling* :45
1:00 Restorative Yoga :60	12:30 AquaFIT :45	12:15 Total Sculpt :45	12:30 AquaFIT :45	12:15 Body Sculpt :45	11:30 Stretch :40	12:00 Pilates Mat :55
4:00 Cardio Mix :45	1:00 Alignment Flow (Yoga) :60	12:30 AquaFIT :45	4:45 MELT* :45	1:00 Gentle Yoga :60	12:15 Cycle Xpress :30	<b>2:45 FLUIDITY* (Barre):60</b>
4:45 Body Sculpt :45	4:45 Sculpt & Alignment :45	1:00 Restorative Yoga :60	5:30 IYOGA™ (Earth Flow) :45	<b>1:00 Just Dance :45</b>	1:00 IYOGA™ (Fire Flow) :75	4:00 PlyoJam* :45
5:15 Alignment Flow (Yoga) :70	5:30 MELT* on Stretch :45	4:45 Pilates Mat :45	5:30 Cardio Mix :40	5:45 Bootcamp Sculpt :45	4:00 INSANITY* :50	4:45 Body Sculpt :45
5:45 Zumba* :40	5:45 Athletic Abs :30	5:30 Stretch :45	<b>6:15 barreFree (Sculpt) :40</b>	6:00 Pilates Mat :45	5:00 Cycling* :45	5:45 Vinyasa Flow :60
6:30 Ballet Sculpt :55	6:00 Cycling* :45	6:00 Ballet Sculpt :60	6:15 IYOGA™ (Fire Flow) :55	6:30 Zumba* :45	5:45 Vinyasa Yoga :75	(Gentle)
6:30 Cycling* :45	6:15 Athletic Yoga :60	6:15 Diezel Kick :45	7:00 Cycle Xpress* :30	6:45 Vinyasa Yoga :60		
6:30 Aqua Zumba* :45	6:15 Zumba* :45	6:30 Cycling* :45	<b>7:00 BollyX* (Dance) :45</b>			
7:30 Merengue/Salsa :45	7:00 INSANITY* :50	6:30 AquaFIT :45	7:15 Pilates Strength :45			
7:30 Vinyasa Yoga :60	8:30 Karate Conditioning :90	7:00 Diezel Sculpt :30	8:30 Karate Conditioning :90			
8:15 Swing :45		7:15 Vinyasa Yoga :70				

**21st STREET** | 270 Park Avenue South @ 21st Street | 212.245.6917 | **HOURS** Mon-Fri 6:AM-11PM, Sat & Sun 8AM-9PM

M	T	W	Th	F	Sa	Su
7:00 Cycling* :45	6:45 Cycling* :45	7:00 Vinyasa Yoga :60	7:00 Barre Blaster :45	6:45 Cycling* :45	9:30 Total Sculpt :45	10:00 Cycling* :45
12:15 Interval Sculpt :45	7:00 Boot Camp :45	<b>12:15 Zumba* :45</b>	7:00 Cycling* :45	7:00 Boot Camp :45	9:30 Cycling* :50	10:00 Pilates Mat :45
12:30 Cycling* :45	12:15 Circuit Breaker :45	<b>12:15 Cycling* :45</b>	12:15 BURN 45 :45	12:00 Circuit Breaker :30	10:15 Zumba* :45	10:45 BareFIT (Sculpt) :45
1:00 Pumped Up Yoga :50	12:30 Cycling* :45	1:00 Arms/Abs/Assets :45	12:30 Cycling* :45	12:30 Vinyasa Flow (Gentle) :60	11:15 IYOGA™ (Earth Flow):70	11:30 Dance HIIT :45
5:45 Vinyasa Flow :55	1:00 Barre Blaster :45	5:45 Alignment Flow (Yoga) :55	<b>1:00 Alignment Flow (Yoga) :50</b>	5:30 Pilates turned INSIDE OUT :45	12:30 Barre Blaster :45	12:15 Vinyasa Yoga :60
6:30 Bootcamp Cycling* :45	5:45 Zumba* :45	6:45 Cycling* :45	5:30 Diezel Kick Impact :55	6:15 Ballet Barre :45	<b>3:00 101 Self Defense :75</b>	1:30 Urban Meditation :30
6:45 Arms/Abs/Assets* :45	6:30 Pilates Mat :50	6:45 Knockout Sculpt :45	6:30 Cycling* :45	6:15 Cycling* :45	4:00 Cycling* :45	4:00 MELT™ Length :60
7:30 Bootcamp Cycling* :45	7:00 Cycling* :45	7:30 Pilates turned INSIDE OUT :45	6:30 Diezel Sculpt :45	7:00 Abs/Assets :30	<b>4:45 Abs/Assets :30</b>	5:00 MELT™ Strength :60
7:30 Sculpt Xpress :30	7:30 Vinyasa Yoga :70		7:15 Vinyasa Yoga :60			5:00 Cycling* :45
8:00 Zumba* (Fusion) :45						

**23rd STREET** | 60 West 23rd Street @ 6th Avenue | 212.989.2300 | **HOURS** Mon-Fri 5:30AM-11PM, Sat & Sun 8AM-9PM

M	T	W	Th	F	Sa	Su
<b>6:45 Athletic Abs :15</b>	6:15 Obstacle Race Training :45	6:45 Cycling* :45	6:15 Cycle Xpress* :30	6:45 Cycling* :50	8:30 Obstacle Race Training :45	9:00 IYOGA™ (Earth Flow) :60
7:00 Cycling* :45	7:00 Cardio Sculpt :45	7:00 FLUIDITY* (Barre) :60	6:45 Gridiron Power™ :45	7:00 Athletic Yoga :60	9:00 Athletic Yoga :75	10:00 Urban Meditation :30
7:00 Kinetic Sculpt* :45	7:00 Heated Vinyasa :60	7:30 Sculpt Xpress :30	9:30 Vinyasa Yoga :70	7:30 Sculpt Xpress :30	9:15 Diezel Kick :45	10:00 Hip Hop (Xpress) :30
<b>7:45 Athletic Stretch :15</b>	7:45 15 Min. Abs :15	9:30 Pilates Mat :45	12:15 Zumba* :45	9:30 Pilates Mat :55	10:00 Diezel Sculpt :45	10:30 Gridiron Power™ :45
9:15 Sculpt & Alignment :45	9:30 Vinyasa Yoga :60	10:45 AquaFIT :45	12:15 Cycling* :45	10:45 AquaFIT :45	<b>10:00 Cycling* :40</b>	11:15 Ultimate Abs :35
10:30 Aqua Boot Camp :50	<b>10:30 FLUIDITY* (Barre) :60</b>	12:15 Cycling* :45	1:00 Total Sculpt :45	12:15 BootCamp Sculpt :45	<b>10:45 Cycle Shred* :40</b>	11:30 Cycling* :45
12:15 PiYo* Workout :50	12:15 Pilates Mat :45	12:15 BURN 45 :45	1:00 Heated Vinyasa :60	12:15 Pilates Mat :55	10:30 BodyTrac :45	12:00 FLUIDITY* (Barre) :60
1:00 Urban Rebounding™ :45	12:15 Cycling* :45	1:00 Dance HIIT :45	5:30 Dance HIIT :45	<b>12:15 Cycling* :45</b>	<b>10:45 Cycle Shred* :40</b>	4:00 Boot Camp Cycling* :45
1:00 IYOGA™ (Earth Flow) :60	1:00 Vinyasa Yoga :60	1:00 Vinyasa Yoga :60	5:45 Vinyasa Yoga :60	1:00 Hard Core :30	11:00 Zumba* :45	4:00 INSANITY™ :50
5:15 Barre 30 :30	1:00 INSANITY* :50	5:15 Zumba* :45	6:00 Cycling* :45	1:15 Vinyasa Yoga :60	11:30 Athletic Abs :30	<b>4:30 Vinyasa Yoga :75</b>
5:45 Body Sculpt :45	5:30 FLUIDITY* (Barre) :55	5:45 Total Sculpt :45	6:15 Cardio Sculpt :45	5:15 BURN 30 :30	12:00 Tai Chi :60	5:00 Athletic Abs :30
6:00 Cycle Shred* :45	5:45 Alignment Flow (Yoga) :60	<b>6:00 Cycle 101* (1.25-2.23) :40</b>	6:45 Pilates Strength :45	<b>5:45 bodyART™ :60</b>	12:00 Pilates Mat :60	5:30 JAB (Kickboxing) :45
6:00 Vinyasa Flow :70	<b>6:30 PlyoJam* (Dance) :45</b>	6:00 JAB (Kickboxing) :40	7:00 Bootcamp Cycling* :45	5:45 Arms/Abs/Assets :30	1:00 Alignment Flow (Yoga) :60	
6:30 Urban Rebounding™ :45	6:30 Cycling* :45	6:45 Urban Rebounding™ :45	7:00 FLUIDITY* (Barre) :55	6:15 KUKUWA™ (African Dance):45	1:00 Wind Up (HULA HOOP):70	
7:00 Cycling* :45	6:45 BodyTRAC :30	6:45 Cycling* :45	7:30 Vinyasa Yoga :75	6:30 Cycle Shred* :45	3:00 Warm Yoga :70	
7:15 Pilates Mat :50	6:45 Viking Workout* :45	6:45 Athletic Abs :30	8:00 Ballet :45	7:00 Vinyasa Yoga :75	<b>3:00 Kangoo Power™ :45</b>	
7:15 IYOGA™ (Fire Flow) :75	7:15 Vinyasa Yoga :60	7:30 Vinyasa Yoga :60	8:45 Night Club Salsa :45	7:00 FLUIDITY* (Barre) :60	4:00 FLUIDITY* (Barre) :70	
	7:15 Washboard Abs :30	7:30 Tabata Boot Camp™ :55			5:15 Military Muscle :45	
	7:30 Cycling* :45					
	7:45 Bootcamp Sculpt :45					

**45th STREET** | 132 East 45th Street @ Lexington Avenue | 212.986.3100 | **HOURS** Mon-Fri 5:30AM-10PM, Sat & Sun 9AM-6PM

M	T	W	Th	F	Sa	Su
6:45 Cycling* :45	6:45 Cardio Sculpt :60	6:45 Sculpt & Barre :45	6:45 Cycling* :45	6:45 Cardio Sculpt :60	10:00 Cycle Xpress* :30	10:15 Total Sculpt :45
11:40 Zumba® Xpress :30	7:00 SwimPro® (Series) :45 See below	11:40 Cycle Xpress :30	7:00 SwimPro® (Series) :45 See below	12:15 Interval Sculpt :45	10:30 Arms/Abs/Assets :45	11:00 Pilates Barre :45
12:15 Total Sculpt :45	11:40 Tabata 30 :30	12:15 Total Sculpt :45	7:30 Athletic Abs :15	1:00 FLUIDITY® (Barre) :55	11:15 Pilates Mat :55	12:00 Alignment Flow :60 (Yoga)
1:00 Barre Blaster :45	12:15 Step it Up :45	1:00 AquaFIT :45	11:40 Tabata 30 :30	5:15 Barre 30 :30	12:15 Zumba® :45	2:30 AquaFIT :45
5:30 Body Sculpt :45	1:00 Interval Sculpt :45	1:00 Alignment Flow (Yoga) :50	12:15 Zumba® :45	5:45 Diezel Boxing :55	3:00 FLUIDITY® (Barre) :55	<b>3:00 Wind Up Series :60</b> (Hula Hoop)(1.29-2.26)
6:30 Cycling* :40	5:15 Pilates Barre :40	5:30 AquaFIT :45	1:00 Total Sculpt :45	6:00 Aqua Zumba® :45	4:00 Vinyasa Yoga :60	4:00 Zumba® :45
7:15 Pilates Mat :50	6:00 Bootcamp Sculpt :45	5:45 30/60/90® (HIIT) :45	5:15 Ballet Tech :30			<b>4:45 Abs/Assets :30</b>
	6:45 Cardio Core :30	6:30 Total Sculpt :45	5:45 Pilates turned INSIDE OUT :45			
	7:15 Vinyasa Yoga :60	7:15 FLUIDITY® (Barre) :60	6:30 Vinyasa Yoga :60			
			7:30 Cycling* :45			

SwimPro Series - Sign-up online on the schedule at [nyhrc.com/studio-classes](http://nyhrc.com/studio-classes), up to 1 day in advance. Limit 6 people.

**50th STREET** | 20 East 50th Street @ Madison Avenue | 212.593.1500 | **HOURS** Mon-Fri 6AM-10PM, Sat 9AM-6PM, Sun CLOSED

M	T	W	Th	F	Sa
7:00 Barre Blaster :45	7:00 Vinyasa Yoga :45	7:00 HIIT the Road (CYCLE) :45	7:00 Pilates Strength :45	7:00 HIIT the Road (Cycle) :45	11:00 Vinyasa Yoga :70
10:30 Better Bones :45	11:00 Body Fusion :45	10:30 LASTICS® (Stretch) :45	11:00 Better Bones :50	10:30 Better Balance :45	12:15 MELT™ Length :60
11:15 Pilates Mat :50	12:15 Alignment Flow (Yoga) :45	11:30 AquaFIT :45	12:00 Interval Sculpt :50	11:15 Total Sculpt :50	1:15 MELT™ Strength :45
12:15 Sculpt & Alignment :45	12:15 Broadway Dancin :45	12:15 Total Sculpt :45	12:00 Pilates Mat :45	12:15 Pilates turned INSIDE OUT :45	
12:15 30/60/90® (HIIT) :45	12:30 Cycling* :45	12:15 Athletic Step :45	12:30 Cycling* :45	12:15 Retro Aerobics :45	
12:30 Cycling* :45	1:00 Sculpt & Alignment :45	12:30 Cycling* :45	1:00 Bin Zhou Stretch :45	12:30 Cycling* :45	
1:00 Zumba® :45	1:00 MELT® on Stretch :50	1:00 Belly Dance Fusion :45	1:00 Just Dance :45	1:00 Body Sculpt :45	
1:00 Total Sculpt :45	2:00 Gentle Yoga :75	1:15 15 Min Abs :15	5:00 Sculpt & Alignment :45	1:00 Vinyasa Yoga :50	
5:30 Body Fusion :45	5:45 Diezel Kick :45	1:30 Barre 30 :30	5:45 BURN 45 :45	5:30 Total Sculpt :45	
6:00 Cycling* :45	5:45 Pilates Mat :45	5:30 Vinyasa Yoga :60	5:45 Zumba® :45	6:00 MELT® Length :45	
6:15 Body Sculpt :45	6:15 Cycling* :45	5:30 Total Sculpt :45	6:00 Surfs Up (Aqua) :45	6:15 Zumba® :45	
6:15 JAB (Kickboxing) :45	6:30 Total Sculpt :45	6:00 Cycling* :55	6:30 Total Sculpt :45	7:00 Vinyasa Flow :70	
7:00 Athletic Abs :30	6:30 AquaFIT :45	6:15 Barre 30 :30	6:30 Athletic Step :45		
7:00 Vinyasa Flow :70	6:30 BURN 45 :45	6:30 Zumba® :45	7:15 Abs/Assets :30		
	7:15 Kangoo Power™* :45	6:45 Pilates Circle Workout :45			
		7:15 Ballroom Dance :45			
		8:00 Tango :45			

**56th STREET** | 110 West 56th Street @ 6th Avenue | 212.541.7200 | **HOURS** Mon-Fri 5:30AM-11PM, Sat 8AM-9PM, Sun 8AM-6PM

M	T	W	Th	F	Sa	Su
7:00 Vinyasa Yoga :60	7:00 Cardio Sculpt :45	7:00 Bootcamp Cycling* :45	7:00 Cycling* :45	7:00 30/60/90® (HIIT) :50	9:45 Arms/Abs/Assets :45	11:00 Bootcamp Cycling* :45
7:00 Cycling* :55	7:00 Cycling* :45	10:15 Body Fusion :60	7:45 Sculpt Xpress :30	10:00 Aqua Boot Camp :45	<b>10:30 Cardio Mix :45</b>	11:45 Gentle Yoga :75
10:00 KS® Limber :45	10:15 Gyrokinesis® :60	12:00 Ballet :55	10:30 Body Sculpt :45	12:15 IYOGA™ (Liquid Flow) :60	11:00 Cycling* :45	11:45 Body Sculpt :60
10:30 AquaFIT :45	11:30 Alignment Flow (Yoga) :45	12:15 Boot Camp Sculpt :45	12:00 Athletic Abs :30	12:15 Cycling* :45	11:30 Aqua Boot Camp :45	12:30 Aqua Boot Camp :45
10:45 Stretch :45	12:15 Boot Camp Sculpt :45	<b>12:15 Bootcamp Cycling* :45</b>	12:15 Boot Camp Sculpt :45	12:15 Zumba® :45	4:00 Zumba® :45	4:00 Total Sculpt :45
11:30 Zumba® :45	12:15 Urban Rebounding™* :45	1:00 Pilates turned INSIDE OUT :45	12:15 Cycling* :45	1:00 Boxing Circuit :45	5:00 Athletic Yoga :70	
12:15 Pilates Mat :45	12:15 Cycling* :45	1:00 Body Sculpt :45	12:30 Barre Blaster :45	1:00 Power Sculpt :45		
12:15 Diezel Kick :45	1:00 Total Sculpt :45	2:00 Gentle Yoga :75	1:00 Total Sculpt :45	5:45 Interval Sculpt :45		
1:00 Stretch :55	1:00 Boxing Circuit* :45	5:30 15 Min. Abs :15	1:00 Boxing Circuit* :45	<b>5:45 Yoga 101 :45</b> (1.27-2.24)		
1:00 Diezel Sculpt :30	5:45 Total Sculpt :30	5:45 Military Muscle :45	5:45 Pilates Mat :45	6:00 Cycling* :45		
1:00 Boot Camp Cycling* :45	5:45 Ballet Tech :45	<b>5:45 Cardio/Balance/Pilates :45</b>	6:00 Cardio Sculpt :45	6:30 Bin Zhou Stretch :45		
2:00 Gentle Yoga :75	6:15 Core Training :30	6:30 15 Min. Abs :15	6:30 Vinyasa Flow :75	6:30 INSANITY® :50		
5:45 Total Sculpt :45	6:30 Bootcamp Cycling* :45	6:30 Athletic Yoga :70	6:45 Zumba® :45			
5:45 Vinyasa Flow :60	6:30 Vinyasa Yoga :60	6:30 Cycling* :45	7:00 AquaFIT :45			
6:00 Cycling* :45	6:45 Boot Camp :45	6:45 Boxing Boot Camp :45	7:30 Hard Core :30			
6:00 AquaFIT :45	7:00 Diezel Boxing :45	7:00 30/60/90® (HIIT) :55				
6:30 Athletic Step :45	7:00 Aqua Bootcamp :45					
6:45 Cardio Sculpt :45	7:30 Latin Ballroom :45					
<b>7:15 STRONG® (HIIT) :55</b>	7:30 Zumba® :45					
7:30 Alignment Flow (Yoga) :50	8:15 Salsa Dance :45					

**76th STREET** | 1433 York Avenue @ 76th Street | 212.737.6666 | **HOURS** Mon-Fri 6AM-10PM, Sat & Sun 8AM-9PM

M	T	W	Th	F	Sa	Su
8:45 Cardio Core :30	6:45 Tabata 40 :40	9:15 Body Sculpt :55	6:30 Heated Vinyasa :60	9:15 Total Sculpt :50	9:15 Zumba® :45	9:00 Ultimate Abs :30
9:15 Interval Sculpt :45	8:45 Body Sculpt :45	10:15 Zumba® :45	8:30 Barre Blaster :40	10:15 Retro Aerobics :45	9:15 Power Sculpt :45	9:30 Tabata 30 :30
10:00 Bin Zhou Stretch :45	9:30 Barre & Stretch :45	10:15 Cycling* :45	9:15 Total Sculpt :45	10:15 Cycling* :45	9:30 Cycling* :45	9:30 Cardio Mix :45
10:15 Cycling* :45	10:15 Cycling* :45	11:00 Pilates Mat :55	10:00 Vinyasa Yoga :60	11:00 Gentle Yoga :55	10:00 Total Sculpt :55	9:30 Cycling* :45
11:00 Pilates Mat :45	11:00 Power Sculpt :60	<b>11:15 AquaFit :45</b>	10:15 Cycling* :45	11:30 AquaFIT :45	10:00 Bin Zhou Stretch :45	10:15 Total Sculpt :60
11:15 Aqua Boot Camp :45	11:00 AquaFIT :45	12:00 Better Bones :60	11:00 Urban Meditation :30	12:00 Gentle Yoga :75	10:30 Cycling* :45	10:30 Cycling* :45
12:00 Gentle Yoga :75	12:00 Yin Flow (Yoga) :70	12:00 Gentle Yoga :60	11:00 Body Sculpt :55	4:00 Body Sculpt :60	11:00 Knockout :55	11:15 Vinyasa Yoga :75
1:15 Tai Chi :60	1:15 Better Bones :60	1:15 The MELT® Method :60	12:00 Gentle Yoga :75	5:45 Cardio Sculpt :45	11:15 Vinyasa Yoga :70	4:00 Arms/Abs/Assets :55
4:00 Sculpt & Alignment :60	4:00 Cardio Sculpt :60	4:00 Arms/Abs/Assets :60	4:00 Abs/Assets :50	6:30 Heated Vinyasa :60	4:00 Total Sculpt :50	5:00 Restorative Yoga :60
5:30 Cardio Sculpt (Low) :45	5:15 Vinyasa Yoga :60	5:30 Cardio Sculpt (Low) :45	6:15 KNOCKOUT :55	6:45 AquaFIT :45	5:00 Gentle Yoga :60	
6:15 Zumba® :45	6:15 Pilates Mat :45	6:15 Zumba® :45	7:00 Cycling* :45			
7:00 Cycling* :45	7:00 Power Sculpt :45	6:15 Body STRETCH :40	7:15 Tabata Sculpt :45			
7:00 INSANITY® :50	7:00 Cycling* :45	7:00 AquaFIT :45	8:00 Ultimate Abs :30			
7:00 Aqua Boot Camp :45	7:45 Alignment Flow (Yoga) :60	7:00 Cycling* :45				
7:15 Pumped Up Yoga :60		7:00 Sculpt & Barre :50				
		<b>7:00 Vinyasa Flow :60</b>				

**COOPER SQUARE** | 62 Cooper Square @ 7th Street | 212.904.0400 | **HOURS** Mon-Fri 5:30AM-11PM, Sat & Sun 8AM-9PM

M	T	W	Th	F	Sa	Su
6:45 Boot Camp :45	7:00 Bootcamp Cycling* :45	6:45 Boot Camp :45	7:00 Bootcamp Cycling* :45	<b>7:00 Arms/Abs/Assets :45</b>	9:15 Cycling* :45	9:30 Diezel Boxing :60
<b>11:00 Vinyasa Flow :60</b>	10:00 Pilates Mat :55	11:00 Vinyasa Yoga :60	11:00 Belly Laugh Yoga :60	11:00 Vinyasa Yoga :60	9:30 Tabata Sculpt :45	10:00 Cycling* :45
1:00 Boot Camp Sculpt :45	12:15 Boot Camp Cycling :45	12:15 Cardio Sculpt :45	12:00 BodyTRAC :45	12:15 Boot Camp Sculpt :45	10:15 Athletic Yoga :75	10:30 Diezel HIIT :30
5:00 Belly Laugh Yoga :45	1:00 Alignment Flow (Yoga) :60	1:00 Pilates Strength :45	5:00 Athletic Yoga :60	5:30 Pilates Mat :45	<b>11:30 PlyoJam® (Dance) :45</b> Series (2.4-2.25)	11:00 IYOGA™ (Fire Flow) :75
6:00 Diezel Kick Impact :45	5:15 Cardio Sculpt :45	5:15 BURN 45 :45	6:00 Arms/Abs/Assets :45	6:30 Urban Rebounding™ :45	11:45 Cycling* :45	12:30 INSANITY® :50
6:30 Cycling* :45	6:00 Athletic Abs :30	6:00 Caribbean Heat (Dance) :45	6:45 Zumba® :45	7:30 Salsa Dance :45	4:00 Pilates Mat :45	4:45 BURN 45 :45
6:45 Diezel Sculpt :45	6:30 JAB (Kickboxing) :45	6:45 Cycle Shred* :45	6:45 Cycling* :45	8:15 Argentine Tango :45	4:45 Arms/Abs/Assets :45	<b>5:30 Alignment Flow :60</b> (Yoga)
7:30 Vinyasa Flow :60	6:30 Cycle Shred* :45	6:45 Arms/Abs/Assets :45	7:30 Vinyasa Yoga :75		5:30 Hip Hop (Dance)	
	7:15 Vinyasa Flow :75	7:30 Vinyasa Yoga :75				