



All-Club Studio Class Schedule

SPRING / SUMMER 2017

Visit NYHRC.com/classes for instructor and class descriptions.

New classes are highlighted in **light blue**. Classes with an asterisk (*) require sign-up.

Schedule is subject to change.

13TH STREET | 24 East 13th Street at 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	9:15 Abs / Assets :30	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 Vinyasa Yoga :60
10:00 Total Sculpt :45	10:00 Sculpt & Alignment :45	9:15 Zumba® :45	10:00 Body Sculpt :45	9:15 Zumba® :45	10:00 BURN 45 :45	11:00 P90X® (HIIT) :45
11:30 Tai Chi :45	11:00 Pilates Strength :60	10:00 Better Balance :55	11:00 Pilates Mat :45	10:00 Total Sculpt :55	10:30 Total Sculpt :45	11:15 Cycling* :45
12:15 Body Sculpt :45	12:00 BareFIT (Sculpt) :45	(Sculpt)	12:15 Sculpt & Barre :45	11:30 Tai Chi :45	10:45 Alignment Flow :60	12:00 Pilates Mat :55
1:00 Restorative Yoga :60	12:30 AquaFIT :45	11:30 Tai Chi :45	12:30 AquaFIT :45	12:15 Body Sculpt :45	(Yoga)	2:45 FLUIDITY® (Barre) :60
4:15 Just Dance :45	1:00 Alignment Flow :60	12:15 Total Sculpt :45	5:00 MELT® :50	1:00 Gentle Yoga :60	11:30 Stretch :40	4:45 Body Sculpt :45
5:00 Body Sculpt :45	(Yoga)	12:30 AquaFIT :45	5:30 IYOGA™ (Earth Flow) :45	1:00 Just Dance :45	12:15 Cycle Xpress* :30	5:45 Vinyasa Flow :60
5:15 Alignment Flow :70	5:00 Sculpt Xpress :30	1:00 Restorative Yoga :60	6:00 BarreFree (Sculpt) :40	5:45 Boot Camp Sculpt :45	1:00 IYOGA™ (Fire Flow) :75	(Gentle)
(Yoga)	5:30 MELT® on Stretch :45	5:15 Pilates Mat :45	6:15 IYOGA™ (Fire Flow) :55	6:00 Pilates Mat :45	4:00 INSANITY® :50	
5:45 Zumba® :40	5:45 Athletic Abs :30	5:30 Stretch :45	6:45 BollyX® (Dance) :45	6:30 Zumba® :45	5:00 Cycling* :45	
6:30 Aqua Zumba® :45	6:00 Cycling* :45	6:00 Ballet Sculpt :60	6:45 Cycle Xpress* :30	6:45 Vinyasa Yoga :60	5:45 Vinyasa Yoga :75	
6:30 Ballet Sculpt :55	6:15 Athletic Yoga :60	6:15 Diezel Kick :45	7:15 Pilates Strength :45			
6:30 Cycling* :45	6:15 Zumba® :45	6:30 AquaFIT :45	8:30 Karate Conditioning :90			
7:30 Merengue/Salsa :45	7:00 INSANITY® :50	6:30 Cycling* :45				
7:30 Vinyasa Yoga :60	8:30 Karate Conditioning :90	7:00 Diezel Sculpt :30				
8:15 Swing :45		7:15 Vinyasa Yoga :70				

21ST STREET | 270 Park Avenue South at 21st Street | 212.245.6917 | **HOURS** Mon - Fri 6AM - 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 Cycling* :50	10:00 Cycling* :45
12:15 Interval Sculpt :45	7:00 Boot Camp :45	12:15 Cycling* :45	7:00 Cycling* :45	7:00 Boot Camp :45	9:30 Total Sculpt :45	10:00 Pilates Mat :45
12:30 Cycling* :45	12:15 Circuit Breaker :45	12:15 Zumba® :45	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 :60	11:15 IYOGA™ (Earth Flow) :70	11:30 Dance HIIT :45
5:00 POP Pilates® :30	1:00 Barre Blaster :45	5:45 Alignment Flow :55	1:00 Alignment Flow :50	(Gentle)	12:30 Barre Blaster :45	12:15 Vinyasa Yoga :60
(Series 5.15 - 6.19)	5:45 Zumba® :45	(Yoga)	(Yoga)	5:30 Pilates Turned :45	3:00 101 Self Defense :75	1:30 Urban Meditation :30
5:45 Vinyasa Flow :55	6:30 Pilates Mat :50	6:45 Cycling* :45	5:30 Diezel Kick Impact :55	INSIDE OUT	4:00 Cycling* :45	4:00 MELT™ Length :60
6:30 Boot Camp Cycling* :45	7:00 Cycling* :45	6:45 Knockout Sculpt :45	6:30 Cycling* :45	6:15 Ballet Barre :45	4:45 Abs / Assets :30	5:00 Cycling* :45
6:45 Arms / Abs / Assets* :45	7:30 Vinyasa Yoga :70	7:30 Pilates Turned :45	6:30 Diezel Sculpt :45	6:15 Cycling* :45		5:00 MELT™ Strength :60
7:30 Cycle FORCE* :45		INSIDE OUT	7:15 Vinyasa Yoga :60	7:00 Abs / Assets :30		
7:30 Sculpt Xpress :30						
8:00 Zumba® (Fusion) :45						

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

M	T	W	TH	F	SA	SU
6:45 Athletic Abs :15	6:30 Obstacle Race :45	6:45 Cycling* :45	6:30 Gridiron Power™ :45	6:45 Cycling* :45	8:30 Obstacle Race :45	9:00 YOGA™ (Earth Flow) :60
7:00 Cycling* :45	Training	7:00 FLUIDITY® (Barre) :60	7:00 Yoga on the Deck* :60 (Series 6.15 - 9.14)	7:00 Athletic Yoga :60	Training	10:00 Hip Hop (Xpress) :30
7:00 Kinetic Sculpt® :45	7:00 Cardio Sculpt :45	7:30 Sculpt Xpress :30	7:15 Cycle FORCE* :30	7:30 Sculpt Xpress :30	9:00 Athletic Yoga :75	10:00 Urban Meditation :30
7:45 Athletic Stretch :15	7:00 Heated Vinyasa :60	9:30 Pilates Mat :45	9:30 Vinyasa Yoga :70	9:30 Pilates Mat :55	9:15 Diezel Kick :45	10:30 Gridiron Power™ :45
9:15 Sculpt & Alignment :45	7:45 15 Minute Abs :15	10:45 AquaFIT :45	12:15 Cycling* :45	10:45 AquaFIT :45	10:00 Cycling* :45	11:15 Ultimate Abs :35
10:30 Aqua Boot Camp :50	9:30 Vinyasa Yoga :60	12:15 BURN 45 :45	12:15 Zumba® :45	12:15 Boot Camp Sculpt :45	10:00 Diezel Sculpt :45	11:30 Cycling* :45
12:15 PiYo® Workout :45	12:15 Cycling* :45	12:15 Cycling* :45	1:00 Heated Vinyasa :60	12:15 Cycling* :45	10:30 BodyTRAC :45	12:00 FLUIDITY® (Barre) :60
1:00 YOGA™ (Earth Flow) :60	12:15 Pilates Mat :45	1:00 Dance HIIT :45	1:00 Total Sculpt :45	12:15 Pilates Mat :55	(On Hiatus 8.12 - 9.9)	3:15 PlyoJam® (Dance) :45
1:00 Urban Rebounding™ :45	1:00 INSANITY® :50	1:00 Vinyasa Yoga :60	5:00 POP Pilates® :30 (Series 5.18 - 6.22)	1:00 Hard Core :30	10:45 Cycle Shred* :40	4:00 Boot Camp Cycling* :45
5:15 Barre 30 :30	1:00 Vinyasa Yoga :60	5:15 Zumba® :45	5:30 Dance HIIT :45	1:15 Vinyasa Yoga :60	11:00 Zumba® :45	4:00 INSANITY® :50
5:45 Body Sculpt :45	5:30 FLUIDITY® (Barre) :55	5:45 Total Sculpt :45	5:45 JAB (Kickboxing) :40	5:15 BURN 30 :30	11:30 Athletic Abs :30	4:30 Vinyasa Yoga :75
6:00 Cycle Shred* :45	5:45 Alignment Flow :60	6:45 Athletic Abs :30	6:45 Athletic Abs :30	5:45 Arms / Abs / Assets :30	12:00 Pilates Mat :60	5:00 Athletic Abs :30
6:00 Vinyasa Flow :70	(Yoga)	6:45 Cycling* :45	6:00 Cycling* :45	5:45 bodyART™ :60	12:00 Tai Chi :60	5:30 JAB (Kickboxing) :45
6:30 Urban Rebounding™ :45	6:30 Cycling* :45	6:45 Cycling* :45	6:15 Cardio Sculpt :45	6:15 Caribbean Heat :45	1:00 Alignment Flow :60	
7:00 Cycling* :45	6:30 PlyoJam® (Dance) :45	6:45 Urban Rebounding™ :45	6:45 Pilates Strength :45	6:30 Cycle Shred* :45	(Yoga)	
7:15 YOGA™ (Fire Flow) :75	6:45 BodyTRAC :30	7:30 Tabata Bootcamp™ :55	7:00 Boot Camp Cycling* :45	7:00 FLUIDITY® (Barre) :60	1:00 Wind Up :70	
7:15 Pilates Mat :50	6:45 Viking Workout* :45	7:30 Vinyasa Yoga :60	7:00 FLUIDITY® (Barre) :55	7:00 Vinyasa Yoga :75	(Hula Hoop)	
	7:15 Vinyasa Yoga :60		7:30 Vinyasa Yoga :75	8:00 Ballet :45	3:00 Kangoo Power™ :45	
	7:15 Washboard Abs :30		8:45 Night Club Salsa :45		3:00 Warm Yoga :75	
	7:30 Cycling* :45				4:00 FLUIDITY® (Barre) :70	
	7:45 Boot Camp Sculpt :45				5:15 Military Muscle :45	

45TH STREET | 132 East 45th Street at 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 Cycle Shred* :30	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	11:40 Cycle Xpress :30	7:00 SwimPro Series* :45	12:15 Interval Sculpt :45	10:30 Arms / Abs / Assets :45	11:00 Pilates Barre :45
12:15 Total Sculpt :45	(See Below)	12:15 Total Sculpt :45	(See Below)	1:00 Barre Blaster :45	11:15 Pilates Mat :55	12:00 Alignment Flow :60
1:00 Barre Blaster :45	11:40 Tabata 30 :30	1:00 Alignment Flow :50	7:15 Athletic Abs :15	5:30 Barre 30 :30	12:15 Zumba® :45	(Yoga)
5:30 Body Sculpt :45	12:15 Step it Up :45	(Yoga)	11:40 Tabata 30 :30	6:00 Aqua Zumba® :45	1:00 Barre Blaster :45	2:30 AquaFIT :45
6:30 Cycling* :40	1:00 Interval Sculpt :45	1:00 AquaFIT :45	12:15 Zumba® :45	6:00 KNOCKOUT :45	4:00 Vinyasa Yoga :60	4:00 Zumba® :45
7:15 Pilates Mat :50	5:15 Pilates Mat :40	5:30 AquaFIT :45	1:00 Total Sculpt :45			4:45 Abs / Assets :30
	6:00 Boot Camp Sculpt :45	5:45 30/60/90® (HIIT) :45	5:15 Ballet Tech :30			
	6:45 Cardio Core :30	6:30 Total Sculpt :45	5:45 Pilates Turned :45			
	7:15 Vinyasa Yoga :60	7:15 Barre Blaster :45	INSIDE OUT			
			6:30 Vinyasa Yoga :60			
			7:30 Cycling* :45			

SwimPro Series - Sign-up at NYHRC.com/classes up to 24 hours in advance; limit six people.

50TH STREET | 18 East 50th Street at Madison Avenue | 212.593.1500 | HOURS Mon - Fri 6AM - 10PM, Sat 9AM - 6PM, Sun Closed

M	T	W	TH	F	SA	SU
7:00 Barre Blaster :45	7:00 Vinyasa Yoga :45	7:00 HIIT the Road :45	7:00 Pilates Strength :45	7:00 HIIT the Road* :45	11:00 Vinyasa Flow :70	CLUB CLOSED
10:30 Better Bones :45	11:00 Body Fusion :45	(Cycle)	11:00 Better Bones :50	(Cycle)	12:15 MELT® Length :60	
11:15 Pilates Mat :50	12:15 Alignment Flow :45	10:30 LASTICS® (Stretch) :45	12:00 Interval Sculpt :50	10:30 Better Balance :45	1:15 MELT® Strength :45	
12:15 30/60/90® (HIIT) :45	(Yoga)	11:30 AquaFIT :45	12:00 Pilates Mat :45	11:15 Total Sculpt :50		
12:15 Sculpt & Alignment :45	12:15 Broadway Dancin' :45	12:15 Athletic Step :45	12:30 Cycling* :45	12:15 Pilates Turned :45		
12:30 Cycling* :45	12:30 Cycling* :45	12:15 Total Sculpt :45	1:00 Bin Zhou Stretch :45	INSIDE OUT		
1:00 Total Sculpt :45	1:00 MELT® on Stretch :50	12:30 Cycling* :45	1:00 Just Dance :45	12:15 Retro Aerobics :45		
1:00 Zumba® :45	1:00 Sculpt & Alignment :45	1:00 Belly Dance Fusion :45	5:00 Sculpt & Alignment :45	12:30 Cycling* :45		
5:30 Athletic Abs :30	2:00 Gentle Yoga :75	1:15 15 Minute Abs :15	5:45 BURN 45 :45	1:00 Body Sculpt :45		
5:30 Body Fusion :45	5:45 Diezel Kick :45	1:30 Barre 30 :30	5:45 Zumba® :45	1:00 Vinyasa Yoga :50		
6:00 Cycling* :45	5:45 Pilates Mat :45	5:30 Total Sculpt :45	6:00 Surfs Up (Aqua) :45	5:30 Total Sculpt :45		
6:15 Body Sculpt :45	6:15 Cycling* :45	5:30 Vinyasa Yoga :60	6:30 Athletic Step :45	6:00 Ballet Barre :45		
6:15 JAB (Kickboxing) :45	6:30 AquaFIT :45	6:00 Cycling* :55	6:30 Total Sculpt :45	6:15 Zumba® :45		
7:00 Vinyasa Flow :70	6:30 BURN 45 :45	6:15 Barre 30 :30	7:15 Abs / Assets :30	7:00 Vinyasa Flow :70		
	6:30 Total Sculpt :45	6:30 Zumba® :45				
	7:15 Kangoo Power™ :45	6:45 Pilates Circle :45				
		Workout				
		7:15 Ballroom Dance :45				
		8:00 Tango :45				

56TH STREET | 110 West 56th Street at 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	Cycling*	:55	7:00	Cardio Sculpt	:45	7:00	Boot Camp Cycling*	:45	7:00	Cycling*	:45	7:00	30/60/90® (HIIT)	:50	9:45	Arms / Abs / Assets	:45	11:00	Boot Camp Cycling*	:45
7:00	Vinyasa Yoga	:60	7:00	Cycling*	:45	10:15	Sculpt & Barre	:60	7:45	Sculpt Xpress	:30	10:00	Aqua Boot Camp	:45	10:30	PlyoJam® (Dance)	:45	11:45	Body Sculpt	:60
10:00	KS® Limber	:45	10:15	Gyrokinesis®	:60	12:00	Ballet	:55	10:30	Body Sculpt	:45	12:15	Cycling*	:45	11:00	Cycling*	:45	11:45	Gentle Yoga	:75
10:30	AquaFIT	:45	11:30	Alignment Flow (Yoga)	:45	12:15	Boot Camp Cycling*	:45	12:00	Athletic Abs	:30	12:15	IYOGA® (Liquid Flow)	:60	11:30	Aqua Boot Camp	:45	12:30	Aqua Boot Camp	:45
10:45	Stretch	:45	12:15	Boot Camp Sculpt	:45	1:00	Body Sculpt	:45	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	Cycling*	:45	1:00	Pilates Turned	:45	12:30	Barre Blaster	:45	1:00	Boxing Circuit	:45	5:00	Athletic Yoga	:70			
12:15	Diezel Kick	:45	12:15	Urban Rebounding™**	:45	INSIDE OUT			1:00	Boxing Circuit*	:45	1:00	Power Sculpt	:45						
12:15	Pilates Mat	:45	1:00	Boxing Circuit*	:45	2:00	Gentle Yoga	:75	1:00	Total Sculpt	:45	5:45	Interval Sculpt	:45						
1:00	Boot Camp Cycling*	:45	1:00	Total Sculpt	:45	5:30	15 Minute Abs	:15	5:45	Pilates Mat	:45	6:00	Cycling*	:45						
1:00	Diezel Sculpt	:30	5:45	Ballet Tech	:45	5:45	CBP (Cardio/Balance/Pilates)	:45	6:00	Cardio Sculpt	:45	6:30	Bin Zhou Stretch	:45						
1:00	Stretch	:55	5:45	Total Sculpt	:30	5:45	Military Muscle	:45	6:30	Vinyasa Flow	:75	6:30	INSANITY®	:50						
2:00	Gentle Yoga	:75	6:15	Core Training	:30	6:30	15 Minute Abs	:15	6:45	Zumba®	:45									
5:45	Total Sculpt	:45	6:30	Boot Camp Cycling*	:45	6:30	Athletic Yoga	:70	7:00	AquaFIT	:45									
5:45	Vinyasa Flow	:60	6:30	Vinyasa Yoga	:60	6:30	Cycling*	:45	7:30	Hard Core	:30									
6:00	AquaFIT	:45	6:45	Boot Camp	:45	6:45	Boxing Boot Camp	:45												
6:00	Cycling*	:45	7:00	Aqua Boot Camp	:45	7:00	30/60/90® (HIIT)	:55												
6:30	Athletic Step	:45	7:00	Diezel Boxing	:45															
6:45	Cardio Sculpt	:45	7:30	Latin Ballroom	:45															
7:15	STRONG® (HIIT)	:55	7:30	Zumba®	:45															
7:30	Alignment Flow (Yoga)	:50	8:15	Salsa Dance	:45															

76TH STREET | 1433 York Avenue at 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	:45	9:00	Ultimate Abs	:30			
9:15	Interval Sculpt	:45	8:45	Body Sculpt	:45	10:15	Cycling*	:45	8:30	Barre Blaster	:40	10:15	Cycling*	:45	9:15	Zumba®	:45	9:30	Cardio Mix	:45
10:00	Bin Zhou Stretch	:45	9:30	Barre & Stretch	:45	10:15	Zumba®	:45	9:15	Total Sculpt	:45	10:15	Retro Aerobics	:45	9:30	Cycling*	:45	9:30	Cycling*	: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	Bin Zhou Stretch	:45	9:30	Tabata 30	:30
11:00	Pilates Mat	:45	11:00	AquaFIT	:45	11:15	AquaFIT	:45	10:15	Cycling*	:45	11:30	AquaFIT	:45	10:00	Total Sculpt	:55	10:15	Total Sculpt	:60
11:30	Aqua Boot Camp	:45	11:00	Total Sculpt	:50	12:00	Better Bones	:60	12:00	Gentle Yoga	:75	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	4:00	Body Sculpt	:50	4:00	Body Sculpt	:50	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	5:45	Cardio Sculpt	:45	11:15	Vinyasa Yoga	:70	4:00	Arms / Abs / Assets	:55			
4:00	Arms / Abs / Assets	:60	4:00	Cardio Sculpt	:60	4:00	Arms / Abs / Assets	:60	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	6:45	AquaFIT	:45	5:00	Gentle Yoga	:60						
6:15	Zumba®	:45	6:15	Pilates Mat	:45	6:15	Body STRETCH	:40												
7:00	Aqua Boot Camp	:45	7:00	Cycling*	:45	6:15	Zumba®	:45	7:00	Cycling*	:45									
7:00	Cycling*	:45	7:00	Power Sculpt	:45	7:00	AquaFIT	:45	7:15	Tabata Sculpt	:45									
7:00	INSANITY®	:50	7:45	Alignment Flow (Yoga)	:60	7:00	Cycling*	:45	8:00	Ultimate Abs	:30									
7:15	Pumped Up Yoga	:60				7:00	Sculpt & Barre	:50												
						7:00	Vinyasa Flow	:60												

COOPER SQUARE | 62 Cooper Square at 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	Boot Camp Cycling*	:45	6:45	Boot Camp	:45	7:00	Arms / Abs / Assets	:45	9:15	Cycling*	:45	9:30	Diezel Boxing	:60
11:00	Gentle Yoga	:60	10:00	Pilates Mat	:55	11:00	Vinyasa Yoga	:60	11:00	Belly Laugh 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	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	11:45	Cycling*	:45
6:00	Diezel Kick Impact	:45	5:15	Cardio Sculpt	:45	5:15	BURN 45	:45	6:00	Arms / Abs / Assets	:45	6:30	Rebound Sculpt	:45	1:00	Pilates Mat	:45
6:30	Cycling*	:45	6:00	Athletic Abs	:30	6:00	Caribbean Heat (Dance)	:45	6:45	Cycling*	:45	7:30	Salsa Dance	:45	4:45	Arms / Abs / Assets	:45
6:45	Diezel Sculpt	:45	6:30	Cycle Shred*	:45	6:45	Arms / Abs / Assets	:45	6:45	Zumba®	:45	8:15	Argentine Tango	:45			
7:30	Vinyasa Flow	:60	6:30	JAB (Kickboxing)	:45	6:45	Cycle Shred*	:45	7:30	Vinyasa Yoga	:75						
			7:15	Vinyasa Flow	:75	7:30	Vinyasa Yoga	:75									

M		T		W		TH		F		SA		SU								
7:00	Cycling*	:45	7:00	P90X®	:30	7:00	Cycle FORCE*	:45	7:00	Cardio Sculpt	:45	7:00	Cycling*	:60	9:15	AquaFIT	:60	11:15	Pumped Up Yoga	:40
11:40	Athletic Abs	:30	7:00	Vinyasa Yoga	:60	7:00	Tabata Sculpt	:45	7:00	Cycling*	:45	11:40	Athletic Abs	:30	10:45	Cycling*	:40	12:00	Yin Flow (Yoga)	:60
12:15	Athletic Yoga*	:45	7:30	15 Minute Abs	:15	11:40	Tabata 30*	:30	7:45	15 Minute Abs	:15	12:15	Barre Blaster*	:45	11:30	Tabata 30	:30			
12:15	Cycling*	:45	11:40	Tabata 30*	:30	12:15	30/60/90® (HIIT)	:45	11:40	STRETCH	:30	12:15	Cycling*	:45						
12:15	Total Sculpt*	:45	12:15	Cycling*	:45	12:15	Cycling*	:45	12:15	Athletic Yoga	:45	12:15	Total Sculpt*	:45						
1:00	Stretch & Abs	:40	12:15	Total Sculpt	:45	12:15	STRETCH*	:40	12:15	Cycling*	:45	1:00	PIYo® Workout	:55						
1:00	Zumba®	:45	12:15	Vinyasa Yoga	:45	1:00	Vinyasa Yoga*	:50	12:15	Total Sculpt	:45	1:00	Vinyasa Yoga	:50						
5:30	BareFIT (Sculpt)	:45	1:00	Boot Camp	:45	1:00	Zumba®	:45	1:00	Cardio Kick	:45	5:30	Aqua Boot Camp	:45						
5:45	Buti® Yoga	:45	1:00	Pilates Mat*	:50	5:30	Pilates Mat	:60	1:00	Pilates Mat	:50	5:30	Boot Camp	:45						
5:45	Cycling*	:45	5:15	Abs / Assets	:30	5:45	Boot Camp	:45	5:30	Cardio Sculpt	:45	5:30	Yin Flow (Yoga)	:75						
6:15	Bosu Balance	:15	5:45	Barre Blaster*	:45	6:00	Cycle Xpress*	:30	5:45	Buti® Yoga	:45									
6:30	30/60/90® (HIIT)	:45	5:45	Zumba®	:45	6:30	30/60/90® (HIIT)	:45	6:15	Cycling*	:45									
6:30	Vinyasa Flow	:60	6:00	Cycling*	:45	6:30	The Metrix	:45	6:15	Masala Bhangra®	:45									
7:15	Abs / Assets	:30	6:30	Athletic Yoga	:60	7:15	Athletic Abs	:15	6:30	Vinyasa Yoga	:60									
			6:30	Gridiron Power™	:45															
			7:15	Athletic Abs	:30															