



All-Club Studio Class Schedule

FALL 2017

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

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 Alignment Flow (Yoga) :50	7:00 Tabata Sculpt :45 9:15 Cardio Mix :45	7:00 Cycling* :45 8:00 Stretch & Sculpt :45 9:15 Zumba® :45 10:00 Better Balance (Sculpt) :55 11:30 Tai Chi :45 12:15 Total Sculpt :45 12:30 AquaFIT :45 1:00 Restorative Yoga :60 5:15 Pilates Mat :45 5:30 Stretch :45 6:00 Ballet Sculpt :60 6:15 Diezel Kick :45 6:30 AquaFIT :45 6:30 Cycling* :45 7:00 Tabata 30 :30 7:15 Vinyasa Yoga :70	7:30 Alignment Flow (Yoga) :50 9:15 Cardio Balance :45 10:00 Body Sculpt :45 11:00 Pilates Mat :45 12:15 Sculpt & Barre :45 12:30 AquaFIT :45 5:00 MELT® :50 5:30 IYOGA™ (Earth Flow) :45 6:00 BarreFree (Sculpt) :40 6:15 IYOGA™ (Fire Flow) :55 6:45 BollyX® (Dance) :45 6:45 Cycle Xpress* :30 7:15 Pilates Strength :45 8:30 Karate Conditioning :90	7:00 Cycling* :45 8:00 Pilates Mat :45 9:15 Zumba® :45 10:00 Total Sculpt :55 11:30 Tai Chi :45 12:15 Body Sculpt :45 1:00 Gentle Yoga :60 1:00 Just Dance :45 5:45 Boot Camp Sculpt :45 6:00 Pilates Mat :45 6:45 Vinyasa Yoga :60	9:15 Abs / Assets :30 9:45 Broadway Dancin' :45 10:00 BURN 45 :45 10:30 Total Sculpt :45 10:45 Alignment Flow (Yoga) :60 11:30 Stretch :40 12:15 Cycle Xpress* :30 1:00 IYOGA™ (Fire Flow) :75 4:00 INSANITY® :50 5:00 Cycling* :45 5:45 Vinyasa Yoga :75	10:00 Cardio Sculpt :45 10:45 Vinyasa Yoga :60 11:00 P90X® (HIIT) :45 11:15 Cycling* :45 12:00 Pilates Mat :55 4:45 Body Sculpt :45 5:45 Vinyasa Flow (Gentle) :60

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 12:15 Interval Sculpt :45 12:30 Cycling* :45 1:00 Pumped Up Yoga :50 5:45 Vinyasa Flow :55 6:30 Boot Camp Cycling* :45 6:45 Arms / Abs / Assets* :45 7:30 Boot Camp Cycling* :45 7:30 Sculpt Xpress :30 8:00 Zumba® (Fusion) :45	6:45 Cycling* :45 7:00 Boot Camp :45 12:15 Circuit Breaker :45 12:30 Cycling* :45 1:00 Barre Blaster :45 5:45 Zumba® :45 6:30 Pilates Mat :50 7:00 Cycling* :45 7:30 Vinyasa Yoga :70	7:00 Vinyasa Yoga :60 12:15 Cycling* :45 12:15 Zumba® :45 1:00 Arms / Abs / Assets :45 5:45 Alignment Flow (Yoga) :55 6:45 Cycling* :45 6:45 Knockout Sculpt :45 7:30 Pilates Turned :45 INSIDE OUT	7:00 Barre Blaster :45 7:00 Cycling* :45 12:15 BURN 45 :45 12:30 Cycling* :45 1:00 Alignment Flow (Yoga) :50 5:30 Diezel Kick Impact :55 6:30 Cycling* :45 6:30 Diezel Sculpt :45 7:15 Vinyasa Yoga :60	6:45 Cycling* :45 12:30 Vinyasa Flow (Gentle) :60 5:30 Pilates Turned :45 INSIDE OUT 6:15 Ballet Barre :45 6:15 Cycling* :45 7:00 Arms / Abs / Assets :30	9:30 Cycling* :50 9:30 Total Sculpt :45 10:15 Zumba® (Fusion) :45 11:15 IYOGA™ (Earth Flow) :70 12:30 Barre Blaster :45 3:00 101 Self Defense (Series 9.30 - 11.4) :75 4:00 Cycling* :45	10:00 Cycling* :45 10:00 Pilates Mat :45 10:45 BareFIT (Sculpt) :45 11:30 Dance HIIT :45 12:15 Vinyasa Yoga* :60 1:30 Urban Meditation :30 4:00 MELT™ Length :60 5:00 Cycling* :45 5:00 MELTed Strength :60

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 7:00 Cycling* :45 7:00 Kinetic Sculpt® :45 7:45 Athletic Stretch :15 9:15 Sculpt & Alignment :45 10:30 Aqua Boot Camp :50 12:15 PiYo® Workout :45 1:00 IYOGA™ (Earth Flow) :60 1:00 Urban Rebounding™ :45 5:15 Barre 30 :30 5:45 Body Sculpt :45 6:00 Cycle Shred* :45 6:00 Vinyasa Flow :70 6:30 Urban Rebounding™ :45 7:00 Cycling* :45 7:15 IYOGA™ (Fire Flow) :75 7:15 Pilates Mat :50	6:15 Obstacle Race Training :45 7:00 Cardio Sculpt :45 7:00 Heated Vinyasa :60 7:45 15 Minute Abs :15 9:30 Vinyasa Yoga :60 12:15 Cycling* :45 12:15 Pilates Mat :45 1:00 INSANITY® :50 1:00 Vinyasa Yoga :60 5:30 FLUIDITY® (Barre) :55 5:45 Alignment Flow (Yoga) :60 6:30 Cycling* :45 6:30 PloJam® (Dance) :45 6:45 BodyTRAC :30 6:45 Viking Workout* :45 7:15 Vinyasa Yoga :60 7:15 Washboard Abs :30 7:30 Cycling* :45 7:45 Boot Camp Sculpt :45	6:45 Cycling* :45 7:00 FLUIDITY® (Barre) :60 7:30 Sculpt Xpress :30 9:30 Pilates Mat :45 10:45 AquaFIT :45 12:15 BURN 45 :45 12:15 Cycling* :45 1:00 Diezel Circuit :45 1:00 Vinyasa Yoga :60 5:15 Zumba® :45 5:45 Total Sculpt :45 6:00 JAB (Kickboxing) :40 6:45 Athletic Abs :30 6:45 Cycling* :45 6:45 Urban Rebounding™ :45 7:30 Tabata Bootcamp™ :55 7:30 Vinyasa Yoga :60	6:45 Gridiron Power™ :45 7:30 Cycle FORCE* :30 9:30 Vinyasa Yoga :70 12:15 Cycling* :45 12:15 Zumba® :45 1:00 Heated Vinyasa :60 1:00 Total Sculpt :45 5:30 Dance HIIT :45 5:45 Vinyasa Yoga :60 6:00 Cycling* :45 6:15 Cardio Sculpt :45 6:45 Pilates Strength :45 7:00 Boot Camp Cycling* :45 7:00 FLUIDITY® (Barre) :55 7:30 Viking Workout* :45 7:30 Vinyasa Yoga :75 8:00 Ballet :45 8:45 Night Club Salsa :45	6:45 Cycling* :45 7:00 Athletic Yoga :60 7:30 Sculpt Xpress :30 9:30 Pilates Mat :55 10:45 AquaFIT :45 12:15 Boot Camp Sculpt :45 12:15 Cycling* :45 12:15 Pilates Mat :55 1:00 Hard Core :30 1:15 Vinyasa Yoga :60 5:15 BURN 30 :30 5:45 Arms / Abs / Assets :30 6:15 Caribbean Heat :45 6:30 Cycle Shred* :45 7:00 FLUIDITY® (Barre) :60 7:00 Vinyasa Yoga :75	8:30 Obstacle Race Training :45 9:00 Athletic Yoga :75 9:15 Diezel Kick :45 10:00 Cycling* :45 10:00 Diezel Sculpt :45 10:30 BodyTRAC :45 10:45 Cycle Shred* :40 11:00 Zumba® :45 11:30 Athletic Abs :30 12:00 Pilates Mat :60 12:00 Tai Chi :60 1:00 Alignment Flow (Yoga) :60 1:00 Wind Up (Hula Hoop) :70 3:00 Kangoo Power™ (Series 9.30-11.4) :45 3:00 Warm Yoga :75 4:00 FLUIDITY® (Barre) :70 5:15 Military Muscle :45	9:00 IYOGA™ (Earth Flow) :60 10:00 Urban Meditation :30 10:30 Gridiron Power™ :45 11:15 Ultimate Abs :35 11:30 Cycling* :45 12:00 FLUIDITY® (Barre) :60 3:15 PloJam® (Dance) :45 4:00 Boot Camp Cycling* :45 4:00 INSANITY® :50 4:30 Vinyasa Yoga :75 5:00 Athletic Abs :30 5:30 JAB (Kickboxing) :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 11:40 Zumba® Xpress :30 12:15 Total Sculpt :45 1:00 Barre Blaster :45 5:30 Body Sculpt :45 6:30 Cycling* :40 7:15 Pilates Mat :50	6:45 Cardio Sculpt :60 11:40 Tabata 30 :30 12:15 Step It Up :45 1:00 Interval Sculpt :45 5:15 Pilates Mat :40 6:00 Boot Camp Sculpt :45 6:45 Cardio Core :30 7:15 Vinyasa Yoga :60	6:45 Sculpt & Barre :45 11:40 Cycle Xpress :30 12:15 Total Sculpt :45 1:00 Alignment Flow (Yoga) :50 1:00 AquaFIT :45 5:30 AquaFIT :45 5:45 30/60/90® (HIIT) :45 6:30 Total Sculpt :45 7:15 Barre Blaster :45	6:45 Cycle Shred* :30 7:15 Athletic Abs :15 11:40 Tabata 30 :30 12:15 Zumba® :45 1:00 Total Sculpt :45 5:15 Ballet Tech :30 5:45 Pilates Turned :45 INSIDE OUT 6:30 Vinyasa Yoga :60 7:30 Cycling* :45 (Series 9.28 - 11.2)	6:45 Cardio Sculpt :60 12:15 Interval Sculpt :45 1:00 Barre Blaster :45 5:30 Barre 30 :30 6:00 Aqua Zumba® :45 6:00 KNOCKOUT :45	10:00 Cycle Xpress* :30 10:30 Arms / Abs / Assets :45 11:15 Pilates Mat :55 12:15 Zumba® :45 1:00 Barre Blaster :45 4:00 Vinyasa Yoga :60	10:15 Total Sculpt :45 11:00 Pilates Barre :45 12:00 Alignment Flow (Yoga) :60 2:30 AquaFIT :45 4:00 Zumba® :45

50TH STREET | 20 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 (Series 9.25 - 11.6)	: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 Flow	:70	CLUB CLOSED	
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 30/60/90® (HIIT)	:45	12:15 Broadway Dancin’	:45	12:15 Athletic Step	:45	12:00 Pilates Mat	:45	12:15 Pilates Turned	:45				
12:15 Sculpt & Alignment	:45	12:30 Cycling*	:45	12:15 Total Sculpt	:45	12:30 Cycling*	:45	INSIDE OUT	:45				
12:30 Cycling*	:45	1:00 MELT® on Stretch	:50	12:30 Cycling*	:45	1:00 Bin Zhou Stretch	:45	12:15 Retro Aerobics	:45				
1:00 Total Sculpt	:45	1:00 Sculpt & Alignment	:45	1:00 Zumba®	:45	1:00 Just Dance	:45	12:30 Cycling*	:45				
1:00 Zumba®	:45	2:00 Gentle Yoga	:75	1:15 15 Minute Abs	:15	5:00 Sculpt & Alignment	:45	1:00 Body Sculpt	:45				
5:30 Athletic Abs	:30	5:45 Diezel Kick	:45	1:30 Barre 30	:30	5:45 BURN 45	:45	1:00 Vinyasa Yoga	:50				
5:30 Body Fusion	:45	5:45 Pilates Mat	:45	5:30 Total Sculpt	:45	5:45 Zumba®	:45	5:30 Total Sculpt	:45				
6:00 Cycling*	:45	6:15 Cycling*	:45	5:30 Vinyasa Yoga	:60	6:00 Surfs Up (Aqua)	:45	6:15 Zumba®	:45				
6:15 Body Sculpt	:45	6:30 AquaFIT	:45	6:00 Cycling *	:55	6:30 Athletic Step	:45	7:00 Vinyasa Flow	:70				
6:15 JAB (Kickboxing)	:45	6:30 BURN 45	:45	6:15 Barre 30	:30	6:30 Total Sculpt	:45						
7:00 Vinyasa Flow	:70	6:30 Total Sculpt	:45	6:30 Zumba®	:45								
		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 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	6:45 Cycling*	:45	7:00 Boot Camp Cycling*	:45	7:00 Cycling*	:45	7:00 30/60/90® (HIIT)	:50	9:30 Zumba®	:45	11:00 Boot Camp Cycling*	:45
7:00 Vinyasa Yoga	:60	7:00 Cardio Sculpt	:45	12:00 Ballet	:55	7:45 Sculpt Xpress	:30	10:00 Aqua Boot Camp	:45	10:15 Arms / Abs / Assets	:45	11:45 Body Sculpt	:60
10:00 KS® Limber	:45	10:15 Gyrokinesis®	:60	12:15 Boot Camp Cycling*	:45	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 Sculpt	: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			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 Boot Camp Sculpt	:45	1:00 Pilates Turned	:45	12:15 Cycling*	:45	1:00 Boxing Circuit	:45	5:00 Athletic Yoga	:70		
12:15 Diezel Kick	:45	12:15 Cycling*	:45	INSIDE OUT	:45	12:30 Barre Blaster	:45	1:00 Power Sculpt	:45				
12:15 Pilates Mat	:45	12:15 Urban Rebounding™*	:45	2:00 Gentle Yoga	:75	1:00 Boxing Circuit*	:45	5:45 Interval Sculpt	:45				
1:00 Boot Camp Cycling*	:45	1:00 Boxing Circuit*	:45	5:30 15 Minute Abs	:15	1:00 Total Sculpt	:45	6:00 Cycling*	:45				
1:00 Diezel Sculpt	:30	1:00 Total Sculpt	:45	5:45 CBP (Cardio/Balance/Pilates)	:45	5:45 Pilates Mat	:45	6:30 Bin Zhou Stretch	:45				
1:00 Stretch	:55	5:45 Ballet Tech	:45	5:45 Military Muscle	:45	6:00 Cardio Sculpt	:45	6:30 INSANITY®	:50				
2:00 Gentle Yoga	:75	5:45 Total Sculpt	:45	6:30 15 Minute Abs	:15	6:30 Vinyasa Flow	:75						
5:45 Total Sculpt	:45	6:30 Boot Camp 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 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	:50	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	11:00 Body Sculpt	:55	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 Urban Meditation	:30	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	12:00 Gentle Yoga	:75	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	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 Body STRETCH	:40	7:00 Cycling*	:45						
7:00 Aqua Boot Camp	:45	7:00 Cycling*	:45	6:15 Zumba®	:45	7:15 Tabata Sculpt	:45						
7:00 Cycling*	:45	7:00 Power Sculpt	:45	7:00 AquaFIT	:45	8:00 Ultimate Abs	:30						
7:00 INSANITY®	:50	7:45 Alignment Flow (Yoga)	:60	7:00 Cycling*	:45								
7:15 Athletic 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 Boot Camp Cycling*	:45	7:00 Arms / Abs / Assets	:45	9:15 Cycling*	:45	9:45 Diezel Boxing	:45
11:00 Gentle Yoga	:60	10:00 Pilates Mat	:55	11:00 Vinyasa Yoga	:60	7:00 FLUIDITY® (Barre)*	:50	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	11:00 Belly Laugh Yoga	:60	12:15 Boot Camp Sculpt	:45	10:15 Athletic Yoga	:75	10:30 Diezel Circuit	:30
5:00 Belly Laugh Yoga	:45	1:00 Alignment Flow (Yoga)	:60	1:00 Pilates Strength	:45	12:00 BodyTRAC	:45	5:30 Pilates Mat	:45	11:45 Cycling*	:45	11:00 IYOGA™ (Fire Flow)	:75
6:00 Diezel Impact	:60	5:15 Cardio Sculpt	:45	5:15 BURN 45	:45	5:00 Athletic Yoga	:60	6:15 Urban Rebounding™	:45	1:00 Pilates Mat	:45	12:30 INSANITY®	:50
6:30 Cycling*	:45	6:00 Athletic Abs	:30	6:00 Caribbean Heat (Dance)	:45	6:00 Arms / Abs / Assets	:45	7:30 Salsa Dance	:45	4:45 Arms / Abs / Assets	:45	3:30 FLUIDITY® (Barre)*	:60
7:00 Tabata 30	:30	6:30 Cycle Shred*	:45	6:45 Arms / Abs / Assets	:45	6:45 Cycling*	:45	8:15 Argentine Tango	:45				
7:30 Vinyasa Flow	:60	6:30 JAB (Kickboxing)	:45	6:45 Cycle Shred*	:45	6:45 Zumba®	:45						
		6:30 JAB (Kickboxing)	:45	7:30 Vinyasa Yoga	:75	7:30 Vinyasa Yoga	:75						
		7:15 Vinyasa Flow	:75										

WHITEHALL | 39 Whitehall Street at Water Street | 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 Vinyasa Yoga	:60	7:00 Cycle FORCE*	:45	7:00 Cardio Sculpt	:45	7:00 Cycling*	:60	9:15 AquaFIT (Series 9.30 - 11.4)	:60	11:15 Pumped Up Yoga	:40
11:40 Athletic Abs	:30	11:40 Tabata 30	:30	7:00 Tabata Sculpt	:45	7:00 Cycling*	:45	11:40 Athletic Abs	:30				
12:15 Athletic Yoga*	:45	12:15 Cycling*	:45	11:40 Tabata 30	:30	7:45 15 Minute Abs	:15	12:15 Barre Blaster*	:45	10:45 Cycling*	:40	12:00 Yin Flow (Yoga)	:60
12:15 Cycling*	:45	12:15 Total Sculpt	:45	12:15 30/60/90® (HIIT)	:45	11:40 STRETCH	:30	12:15 Cycling*	:45	11:30 Tabata 30	:30		
12:15 Total Sculpt*	:45	12:15 Vinyasa Yoga	:45	12:15 Cycling*	:45	12:15 Athletic Yoga*	:45	12:15 Total Sculpt*	:45				
1:00 Stretch & Abs	:40	1:00 Boot Camp	:45	12:15 STRETCH*	:40	12:15 Cycling*	:45	1:00 PiYo® Workout	:55				
1:00 Zumba®	:45	1:00 Pilates Mat*	:50	1:00 Vinyasa Yoga*	:50	12:15 Total Sculpt	:45	1:00 Vinyasa Yoga	:50				
5:30 BareFIT (Sculpt)	:45	5:15 Pop Pilates®	:30	1:00 Zumba®	:45	1:00 Diezel Kick	:45	5:30 Aqua Boot Camp	:45				
5:45 Buti® Yoga	:45	5:45 Barre Blaster*	:45	5:30 Pilates Mat	:60	1:00 Pilates Mat	:50	5:30 Boot Camp	:45				
5:45 Cycling*	:45	5:45 Zumba®	:45	5:45 Boot Camp	:45	5:30 Cardio Sculpt	:45	5:30 Yin Flow (Yoga)	:75				
6:15 Bosu Balance	:15	6:00 Cycling*	:45	6:00 Cycle Xpress*	:30	5:45 Buti® Yoga	:45						
6:30 30/60/90® (HIIT)	:45	6:30 Vinyasa Yoga	:60	6:30 Core De Force®	:45	6:15 Cycling*	:45						
6:30 Vinyasa Flow	:60	6:30 Gridiron Power™	:45	6:30 The Metrix	:45	6:15 Masala Bhangra®	:45						
7:15 Abs / Assets	:30												