



# ALL-CLUB STUDIO CLASS SCHEDULE

SPRING | SUMMER 2016

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. Club Hours: Mon-Fri 5:30AM-10:00PM, Sat 9:00AM-6:00PM, Sun 8:00AM-6:00PM 212.269.9800**

M	T	W	Th	F	Sa	Su
7:00 Cycling* :45	<b>7:00 Gridiron Power™</b> :45	7:00 Cycling* :45	7:00 Cycling* :45	7:00 Cycle Technique* :60	9:15 AquaFIT :45	11:15 Pumped Up :45
<b>11:40 Athletic Abs</b> :30	7:00 Vinyasa Yoga :60	7:00 Tabata Sculpt :45	7:00 Cardio Sculpt :45	12:00 15 Min. Abs :15	10:45 Cycling* :45	Yoga
12:10 Athletic Yoga* :50	11:40 Tabata 30* :30	11:40 Tabata 30* :30	7:45 C.O.R.E. :15	12:10 Barre Blaster* :45	11:35 Tabata 30 :30	12:05 Yin Flow (Yoga) :60
12:15 Cycling* :45	12:10 Vinyasa Yoga :50	12:15 Stretch* :40	<b>11:40 STRETCH</b> :30 (Series May/June)	12:15 Total Sculpt* :45		
12:15 Total Sculpt* :45	12:15 Total Sculpt :45	12:15 30/60/90* (HIIT) :45	12:10 Athletic Yoga :50	12:15 Cycling* :45		
1:05 Zumba* :45	12:15 Cycling* :45	12:15 Cycling* :45	1:05 Power Sculpt :45	1:00 Piloxing* :55		
1:05 Stretch & Abs :40	1:05 Pilates Mat* :50	1:05 Zumba* :45	12:15 Cycling* :45	1:05 Vinyasa Yoga :50		
5:30 BareFIT (Sculpt) :45	1:05 Boot Camp :45	1:05 Vinyasa Yoga* :50	1:05 Diezel Kick :45	<b>5:15 Yin Flow (Yoga)</b> :75		
5:45 Cycling* :45	5:00 Body Fusion :45	1:10 Cycle Shred* :45	1:05 Pilates Mat :50	5:30 Boot Camp :45		
5:45 MELTed Yoga :45	5:45 Zumba* :45	5:30 Pilates Mat :60	5:30 Cardio Sculpt :45	5:30 Aqua Boot Camp :45		
6:20 30/60/90* (HIIT) :45	5:40 Barre Blaster* :45	5:45 Boot Camp :45	5:40 Belly Dancin' Abs :30			
6:35 Vinyasa Flow* :60	6:00 Cycling* :45	6:00 Cycle Xpress* :30	6:15 Masala Bhangra* :45			
7:05 Bosu Balance :30	<b>6:30 Gridiron Power™</b> :45	6:30 30/60/90* (HIIT) :45	6:15 Cycling* :45			
	6:35 Athletic Yoga :60	6:30 The Metrix :45	6:30 Vinyasa Yoga :60			
	7:15 Athletic Abs :30	7:20 Athletic Abs :15				

**13th STREET • 24 East 13th Street @ University Place Club Hours: Mon-Fri 6:00AM-11:00PM, Sat & Sun 8:00AM-9:00PM 212.924.4600**

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 Below the Belt :30	10:00 Sculpt Xpress :30
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	10:35 Cardio Mix :30
10:05 Total Sculpt :45	10:05 Sculpt & Alignment :45	9:15 Zumba* :45	10:05 Body Sculpt :45	9:15 Zumba* :45	10:15 BURN 45 :45	11:05 Tabata Sculpt :45
11:30 Tai Chi :45	11:05 Pilates Strength :60	10:05 Sculpt & Alignment :45	11:05 Pilates Mat :45	10:05 Total Sculpt :55	10:30 Total Sculpt :45	11:15 Cycling* :45
12:15 Body Sculpt :45	12:10 BareFIT (Sculpt)* :45	11:30 Tai Chi :45	12:15 FLUIDITY* (Barre) :50	11:30 Tai Chi :45	11:15 Stretch :40	12:00 Pilates Mat :55
1:05 Restorative Yoga :60	12:30 AquaFIT :45	12:15 Body Sculpt :45	12:30 AquaFIT :45	12:15 Body Sculpt :45	<b>12:00 Cycle Xpress</b> :30	1:00 FLUIDITY* (Barre) :60
4:00 Cardio Mix :45	1:05 Core Yoga :60	12:30 AquaFIT :45	4:00 MELT* :50	1:00 Gentle Yoga :60	1:00 IYOGA™ (Fire Flow) :75	4:00 Pon De FLO™ :45
4:45 Body Sculpt :45	4:45 Sculpt & Alignment :45	1:05 Restorative Yoga :60	5:30 IYOGA™ (Earth Flow) :45	5:45 Power Sculpt :45	2:45 Karate Conditioning :90	4:45 Body Sculpt :45
5:15 Vinyasa Flow :70	5:30 MELT™ on Stretch :45	4:45 Pilates Mat :45	5:30 Cardio Mix :40	6:00 Pilates Mat :45	4:00 INSANITY* :50	5:45 Vinyasa Yoga :60
5:45 Zumba* :40	5:45 Athletic Abs :30	5:30 Stretch :50	6:15 Body Sculpt :40	6:30 Zumba* :45	5:00 Cycling* :45	
6:30 Ballet Sculpt :55	6:00 Cycling* :45	6:00 Ballet Sculpt :60	6:15 IYOGA™ (Fire Flow) :55	6:45 Vinyasa Yoga :60	5:45 Vinyasa Yoga :75	
6:30 Cycling* :45	6:15 Core Yoga :60	6:20 Diezel Kick :40	7:00 Cycle Xpress* :30			
6:30 Aqua Zumba* :45	6:15 Zumba* :45	6:30 Cycling* :45	<b>7:05 Pilates Strength</b> :45			
7:30 Merengue / Salsa :45	7:00 INSANITY* :50	6:30 AquaFIT :45	8:30 Karate Conditioning :90			
7:30 Vinyasa Yoga :60	8:30 Karate Conditioning :90	7:00 Diezel Sculpt :30				
8:15 Swing :45		7:30 Vinyasa Yoga :60				

**21st STREET • 270 Park Avenue South @ 21st Street Club Hours: Mon-Fri 6:00AM-11:00PM, Sat & Sun 8:00AM-9:00PM 212.245.6917**

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	12:15 Circuit Breaker :45	<b>12:15 BollyX*</b> :45	7:00 Cycling* :45	12:00 Circuit Breaker :30	9:30 Cycling* :45	10:00 Pilates Mat :45
12:30 Cycling* :45	12:30 Cycling* :45	12:30 Cycling* :45	12:15 BURN 45 :45	12:35 Vinyasa Yoga :60	10:15 Zumba* :45	10:45 BareFIT (Sculpt) :45
1:05 Pumped Up Yoga :50	1:05 Barre Blaster :45	1:05 Body Sculpt :45	12:30 Cycling* :45	5:30 Pilates turned INSIDE OUT :45	11:15 IYOGA™ (Earth Flow) :70	11:30 Pon De FLO™ :45
5:45 Vinyasa Flow :60	5:45 Zumba* :45	5:45 Athletic Yoga :60	1:00 Athletic Yoga :50	6:15 Ballet Barre :45	12:30 Barre Blaster :45	12:20 Vinyasa Yoga :60
6:30 Bootcamp Cycling* :45	6:30 Pilates Mat :50	6:45 Cycling* :45	<b>1:50 Express Meditation</b> :10	6:15 Cycling* :45	4:00 Cycling* :45	1:20 Urban Meditation :30
6:45 Arms / Abs / Assets* :45	7:00 Cycling* :45	6:45 Knockout Sculpt :45	5:30 Diezel Kick Impact :55	7:05 Boot Camp Sculpt :45	4:45 Hard Core :30	4:00 MELT™ Length :60
7:30 Bootcamp Cycling* :45	7:30 Vinyasa Yoga :70	7:35 Pilates turned INSIDE OUT :45	6:30 Cycling* :45			5:00 MELTed Strength :60
<b>7:35 Sculpt Xpress</b> :30			6:30 Diezel Sculpt :45			<b>5:00 Cycling*</b> :45
8:05 Zumba* :40			7:20 Vinyasa Yoga :60			

**23rd STREET • 60 West 23rd Street @ 6th Avenue Club Hours: Mon-Fri 5:30AM-11:00PM, Sat & Sun 8:00AM-9:00PM 212.989.2300**

M	T	W	Th	F	Sa	Su
7:00 Cycling* :45	6:15 Obstacle Race Training :45	6:45 Cycling* :45	6:30 KS* Limber :30	6:45 Cycling* :50	8:30 Obstacle Race Training :45	9:00 IYOGA™ (Earth Flow) :60
7:00 Kinetic Sculpt* :45	7:00 Cardio Sculpt :45	7:00 FLUIDITY* (Barre) :60	<b>7:00 Yoga on The Deck</b> :60 (July/Aug Series)	7:00 Athletic Yoga :60	9:00 Athletic Yoga :75	<b>9:00 Gridiron Abs™</b> :30
9:15 Sculpt & Alignment :45	7:00 Heated Vinyasa :60	7:30 Sculpt Xpress :30	7:00 KS* Sport :45	7:35 Sculpt Xpress :30	9:15 Diezel Kick :45	<b>9:30 Gridiron Power™</b> :40
10:30 Aqua Boot Camp :50	7:45 15 Min. Abs :15	9:30 Pilates Mat :45	9:30 Vinyasa Yoga :70	9:30 Pilates Mat :55	10:00 Diezel Sculpt :45	10:00 Urban Meditation :30
12:15 PiYo® Workout :50	9:30 Vinyasa Yoga :60	10:40 AquaFIT :45	12:15 Zumba* :45	10:40 AquaFIT :45	10:15 Cycling* :45	10:15 cize™ LIVE (Dance) :45
1:05 Urban Rebounding™ :45	12:15 Pilates Mat :45	12:15 Cycling* :45	12:15 Cycling* :45	12:15 Power Sculpt :45	10:30 BodyTrac :40	11:05 Ultimate Abs :30
1:05 IYOGA™ (Earth Flow) :60	12:15 Cycling* :45	12:15 BURN 45 :45	1:00 Total Sculpt :45	12:15 Pilates Mat :55	(Class hiatus 8.6-9.10)	11:30 Cycling* :45
<b>5:15 Barre 30</b> :30	1:05 Vinyasa Yoga :60	1:05 Pon De FLO® :45	1:05 Heated Vinyasa :60	1:00 Cycling* :45	11:00 Zumba* :45	12:00 FLUIDITY* (Barre) :70
5:45 Body Sculpt :45	1:05 INSANITY* :50	1:05 Vinyasa Yoga :60	5:30 Pon De FLO® :45	1:00 Hard Core :30	11:10 Athletic Abs :30	4:00 Boot Camp Cycling :45
6:00 Cycle Shred* :45	5:30 FLUIDITY* (Barre) :55	<b>5:15 Zumba*</b> :45	5:45 Vinyasa Yoga :60	1:15 Vinyasa Yoga :60	11:45 Tai Chi :60	4:00 INSANITY™ :50
6:00 Vinyasa Flow :70	5:45 Core Yoga :60	5:45 Total Sculpt :45	6:00 Cycling* :45	5:15 BURN 30 :30	12:00 Pilates Mat :60	5:00 Vinyasa Yoga :75
6:30 Urban Rebounding™ :45	6:30 Club Cuts (Aerobics) :45	6:05 JAB (Kickboxing) :40	6:15 Cardio Sculpt :45	5:30 bodyART™ :60	1:00 Budokon™ (Yoga) :60 (Class hiatus 5.28-8.13)	5:00 Athletic Abs :30
7:00 Cycling* :45	6:30 Cycling* :45	6:45 Urban Rebounding™ :45	6:45 Pilates Strength :45	5:45 Arms / Abs / Assets :30	1:05 Wind Up (HULA HOOP) :70	5:30 JAB (Kickboxing) :45
7:15 Pilates Mat :50	6:45 BodyTRAC :30	6:45 Cycling* :45	7:00 Bootcamp Cycling* :45	6:15 KUKUWA® (African Dance) :45	2:30 Kangoo Power™ :45	
7:15 IYOGA™ (Fire Flow) :75	7:15 Vinyasa Yoga :60	6:50 Athletic Abs :30	7:00 FLUIDITY* (Barre) :55	6:30 Cycle Shred* :45	3:05 Warm Yoga :70	
	7:30 Cycling* :45	7:35 Vinyasa Yoga :60	7:30 Vinyasa Yoga :75	7:00 Vinyasa Yoga :75	4:00 FLUIDITY* (Barre) :70	
	7:45 Arms / Abs / Assets :40	7:35 Tabata Boot Camp™ :55	8:00 Ballet :45	7:00 FLUIDITY* (Barre) :60	5:15 Military Muscle :45	
			8:45 Night Club Salsa :45			

**45th STREET • 132 East 45th Street @ Lexington Avenue Club Hours: Mon-Fri 5:30AM-10:00PM, Sat & Sun 9:00AM-6:00PM 212.986.3100**

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	9:45 Cycle Xpress* :30	10:15 Power Sculpt :45
11:40 Zumba® Xpress :30	7:00 SwimPro® (Series) :45 <i>See below</i>	11:40 Cycle Xpress :30	7:00 SwimPro® (Series) :45 <i>See below</i>	12:15 Interval Sculpt :45	10:15 Power Sculpt :45	11:05 Pilates Barre :45
12:15 Total Sculpt :45	11:40 Tabata 30 :30	12:15 Power Sculpt :45	7:30 Athletic Abs :15	1:05 FLUIDITY® (Barre) :55	11:15 Pilates Mat :50	12:00 Vinyasa Yoga :60
1:05 Barre Blaster :45	12:15 Step it Up :45	1:00 AquaFIT :45	11:40 Tabata 30 :30	5:45 Diezel Kick Impact :55	12:15 Zumba® :45	2:30 AquaFIT :45
5:30 Body Sculpt :45	1:05 Interval Sculpt :45	1:05 Athletic Yoga :50	12:15 Zumba® :45	6:00 Aqua Zumba® :45	2:15 FLUIDITY® (Barre) :55	4:05 Zumba® :45
6:25 Cycling* :45	<b>5:10 Pilates Barre :45</b>	5:45 30/60/90* (HIIT) :45	1:05 Total Sculpt :45	6:45 15 Min. Abs :15	<b>3:15 Athletic Yoga :60</b>	
7:15 Pilates Mat :50	6:00 Bootcamp Sculpt :40	6:30 Total Sculpt :45	5:30 Pilates turned INSIDE OUT :45			
	6:40 Cardio Core :30	7:15 FLUIDITY® (Barre) :60	6:20 Vinyasa Yoga :60			
	7:10 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 Club Hours: Mon-Fri 6:00AM-10:00PM, Sat 9:00AM-6:00PM, Sun CLOSED 212.593.1500**

M	T	W	Th	F	Sa
7:00 Barre Blaster :45	6:45 Morning 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 Total Sculpt :45	10:30 LASTICS® (Stretch) :45	11:00 Better Bones :50	10:30 Better Balance :45	12:15 MELT™ Length :60
11:20 Pilates Mat :50	12:15 Vinyasa Yoga :50	<b>11:30 AquaFIT :45</b>	12:00 Total Sculpt :55	11:15 Total Sculpt :50	1:15 MELT™ Strength :45
12:15 Sculpt & Alignment :45	12:15 Cardio Jazz :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	1:05 MELT® on Stretch :50	<b>1:00 Zumba® :45</b>	<b>1:00 Cardio Dance :45</b>	1:00 Body Sculpt :45	
1:05 Total Sculpt :45	2:00 Gentle Yoga :75	1:20 10 Min. Abs :10	5:00 Sculpt & Alignment :45	1:05 Athletic 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	<b>6:00 MELT® Length :45</b>	
6:15 Body Sculpt :45	6:15 Cycling* :45	5:45 Total Sculpt* :45	6:00 Surfs Up (Aqua) :45	6:20 Zumba® :45	
6:15 JAB (Kickboxing) :45	6:30 Total Sculpt :45	6:00 Cycling* :55	6:30 Total Sculpt :45	7:05 Vinyasa Yoga :60	
7:00 Athletic Abs :30	6:30 AquaFIT :45	6:30 Zumba® :45	6:30 Athletic Step :45		
7:00 Vinyasa Flow :75	6:30 BURN 45 :45	6:45 Pilates Circle Workout :45	7:15 Athletic Abs :30		
	7:15 Kangoo Power™* :45	7:15 Ballroom Dance* :45			
		8:00 Tango* :45			

**56th STREET • 110 West 56th Street @ 6th Avenue Club Hours: Mon-Fri 5:30AM-11:00PM, Sat 8:00AM-9:00PM, Sun 8:00AM-6:00PM 212.541.7200**

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 Club Cuts (Step) :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	10:30 Club Cuts (Sculpt) :60	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 Core Yoga :45	12:15 Boot Camp Sculpt :45	12:00 Barre 30 :30	12:15 Cycling* :45	11:30 Club Cuts (Aerobics) :60	12:30 Aqua Boot Camp :45
10:45 Stretch :45	12:15 Strength Training :45	12:15 Cycle Technique* :45	12:15 Strength Training :45	12:15 Zumba® :45	11:30 Aqua Boot Camp :45	4:00 Total Sculpt :45
11:30 Zumba® :45	12:15 Athletic Step :45	1:00 Pilates turned INSIDE OUT :45	12:15 Cycling* :45	1:00 Boxing Circuit :45	4:00 Zumba® :45	
12:15 Pilates Mat :45	12:15 Cycling* :45	1:00 Body Sculpt :45	12:30 Athletic Abs :30	1:05 Power Sculpt :45	5:00 Athletic Yoga :70	
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	6:00 Cycling* :45		
1:00 Diezel Sculpt :30	5:45 Total Sculpt :30	5:45 Military Muscle :45	5:45 Pilates Mat :45	6:30 Bin Zhou Stretch :45		
1:00 Cycling* :45	5:45 Ballet Tech :45	6:30 15 Min. Abs :15	6:00 Cardio Sculpt :45	6:30 INSANITY® :50		
2:00 Gentle Yoga :75	6:15 Core Training :30	6:30 Athletic Yoga :70	6:45 Zumba® :45			
5:45 Total Sculpt :45	6:30 Bootcamp Cycling* :45	6:30 Cycling* :45	7:00 AquaFIT :45			
5:45 Vinyasa Flow :60	6:30 IYOGA™ (Earth Flow) :60	6:45 Boxing Boot Camp :45	7:30 Hard Core :30			
6:00 Cycling* :45	6:45 Strength Training :45	7:00 30 / 60 / 90* (HIIT) :55				
6:00 AquaFIT :45	6:50 Diezel Boxing :45					
6:30 Athletic Step :45	7:00 Aqua Bootcamp :45					
6:45 Cardio Sculpt :45	7:30 Latin Ballroom :45					
7:15 Wind Up (HULA HOOP) :60	7:30 Zumba® :45					
7:35 Athletic Yoga :50	8:15 Salsa Dance :45					

**76th STREET • 1433 York Avenue @ 76th Street Club Hours: Mon-Fri 6:00AM-10:00PM, Sat & Sun 8:00AM-9:00PM 212.737.6666**

M	T	W	Th	F	Sa	Su
8:45 Cardio Core :30	<b>6:45 Tabata 40 :40</b>	9:15 Body Sculpt :55	6:30 Heated Vinyasa :60	9:15 Power 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	10:10 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	11:05 Pilates Mat :60	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	12:00 Better Bones :60	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	12:15 Gentle Yoga :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	1:15 The MELT™ Method :60	11:05 Body Sculpt :55	4:00 Body Sculpt :60	11:05 Knockout :55	11:15 Vinyasa Yoga :75
4:00 Sculpt & Alignment :60	1:15 Better Bones :60	4:00 Arms / Abs / Assets :60	12:00 Gentle Yoga :75	5:45 Cardio Sculpt :45	11:15 Vinyasa Yoga :70	4:00 Arms / Abs / Assets :55
5:30 Cycling* :45	4:00 Cardio Sculpt :60	5:30 Cardio Sculpt (Low) :45	4:00 Below The Belt :50	6:30 Heated Vinyasa :60	4:00 Total Sculpt :50	5:00 Restorative Yoga :60
5:30 Cardio Sculpt (Low) :45	5:10 Vinyasa Yoga :60	6:20 Zumba® :45	6:10 KNOCKOUT :55	6:45 AquaFIT :45	5:00 Vinyasa Flow :60	
6:15 Zumba® :45	6:15 Pilates Mat :45	<b>6:30 Roll IT :30</b>	7:00 Cycling* :45			
7:00 Cycling* :45	7:00 Power Sculpt :45	7:00 AquaFIT :45	7:15 Tabata Sculpt :45			
7:05 INSANITY** :50	7:00 Cycling* :45	7:05 Cycling* :45	8:00 Ultimate Abs :30			
7:10 Aqua Boot Camp :45	7:45 Athletic Yoga :60	7:05 Sculpt & Barre :50				
7:20 Pumped Up Yoga :60		7:10 Yin Flow (Yoga) :60				

**COOPER SQUARE • 62 Cooper Square @ 7th Street Club Hours: Mon-Fri 5:30AM-12:00AM, Sat & Sun 8:00AM-9:00PM 212.904.0400**

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	6:45 Arms/Abs/Assets :45	9:15 Cycling* :45	9:30 Diezel Boxing :60
12:15 Bootcamp Cycling* :50	10:00 Pilates Mat :55	11:00 Vinyasa Yoga :60	11:05 Core Yoga :60	11:00 Vinyasa Yoga :60	9:30 Tabata Sculpt :45	10:00 Cycling* :45
1:05 Boot Camp Sculpt :45	1:00 Vinyasa Yoga :60	12:15 Cardio Sculpt :45	12:05 BodyTRAC :45	12:15 Circuit Breaker :45	10:20 Athletic Yoga :75	10:30 Diezel HIIT :30
5:05 Core Yoga :45	5:15 Cardio Sculpt :45	1:00 Pilates Strength :45	5:00 Athletic Yoga :60	5:30 Pilates Mat :45	11:45 Cycling* :45	11:00 IYOGA™ (Fire Flow) :75
6:00 Diezel Kick Impact :45	6:00 Athletic Abs :30	5:00 BURN 45 :45	6:00 Arms / Abs / Assets :45	6:20 Urban Rebounding™ :45	4:00 Pilates Mat :45	12:30 INSANITY® :50
6:30 Cycling* :45	6:30 JAB (Kickboxing) :45	6:00 Pon De Flo® :45	6:45 Zumba® :45	7:30 Salsa Dance :45	4:45 Washboard Abs :15	4:45 BURN 45 :45
6:45 Diezel Sculpt :45	6:30 Cycle Shred* :45	6:45 Cycle Shred* :45	6:45 Cycling* :45	8:15 Argentine Tango :45	5:00 Cardio Sculpt :45	<b>5:30 Yoga Stretch :45</b>
7:30 Vinyasa Flow :75	7:20 Athletic Yoga :75	6:45 Arms/Abs/Assets :45	7:30 Vinyasa Yoga :75			
	7:35 Cycling* :45	7:30 Vinyasa Yoga :75				