



All-Club Studio Class Schedule

FALL 2018

Visit NYHRC.com/classes for class descriptions, updates & GF etiquette guidelines.

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 :50	7:00 Tabata Sculpt :45	7:00 Cycling* :45	9:15 Cardio Balance :45	8:00 Pilates Mat :45	9:15 Abs / Assets :30	10:00 Cardio Sculpt :45
9:15 MELT® :45	9:15 Cardio Mix :45	8:00 Stretch & Sculpt :45	10:00 Body Sculpt :45	9:15 Zumba® :45	9:45 Just Dance :45	10:45 Vinyasa Yoga* :60
9:15 Zumba® :45	10:00 Sculpt & Alignment :45	9:15 Zumba® :45	11:00 Pilates Mat :45	10:00 Total Sculpt :45	10:00 BURN 45 :45	11:00 P90X® (HIIT) :45
10:00 Total Sculpt :45	11:00 Pilates Strength :60	10:00 Better Balance :55	12:15 Sculpt & Barre :45	11:30 Tai Chi :45	10:30 Total Sculpt :45	12:00 Pilates Mat :55
11:30 Tai Chi :45	12:00 BareFIT (Sculpt) :45	(Sculpt)	12:30 AquaFIT :45	12:15 Body Sculpt :45	10:45 Pilates Mat :45	1:00 Restorative Yoga :60
12:15 Body Sculpt :45	5:30 MELT® on Stretch :45	11:30 Tai Chi :45	5:30 IYOGA™ (Earth Flow) :45	1:00 Gentle Yoga :60	11:30 Balance & Stretch :40	4:45 Body Sculpt :45
1:00 Restorative Yoga :60	5:45 Athletic Abs :30	12:15 Total Sculpt :45	6:00 Assets :45	1:00 Just Dance :45	12:15 Cycle Xpress* :30	5:45 Vinyasa Flow :60
5:00 Body Sculpt :45	6:15 Athletic Yoga :45	12:30 AquaFIT :45	6:15 IYOGA™ (Fire Flow) :55	5:45 Boot Camp Sculpt :45	1:00 IYOGA™ (Fire Flow) :75	(Gentle)
5:30 Alignment Flow :60	6:15 Zumba® :45	1:00 Restorative Yoga :60	6:45 Cycling* :45	6:00 Pilates Barre :30	4:00 INSANITY® :50	
5:45 Zumba® (Fusion) :40	6:30 Cycle Shred* :45	5:30 Pilates Strength :45	6:45 BollyX® (Dance) :45	6:30 Vinyasa Yoga :60	5:45 Vinyasa Yoga :75	
6:30 Aqua Zumba® :45	7:00 INSANITY® :50	5:30 Stretch :45	7:15 Pilates Strength :45			
6:30 BARRE :55	7:00 Urban Meditation :30	6:15 BARRE :55				
6:30 Cycling* :45		6:15 Diezel Kick :45				
7:30 Merengue/Salsa :45		6:30 AquaFIT :45				
7:30 Vinyasa Yoga :60		7:00 Tabata 30 :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	12:30 Vinyasa Flow :60	9:30 Strength Training :45	10:00 Pilates Mat :45
12:30 Cycling* :45	12:15 Total Sculpt :45	12:15 Zumba® :45	12:15 Cycling* :45	(Gentle)	10:15 Zumba® (Fusion) :45	10:45 BareFIT (Sculpt) :45
1:00 Pumped Up Yoga :50	12:30 Cycling* :45	1:00 Arms / Abs / Assets :45	1:00 Alignment Flow :50	5:30 Pilates Turned :45	11:15 IYOGA™ (Earth Flow) :70	11:30 Dance HIIT :45
5:45 Vinyasa Flow :55	1:00 Pilates Barre :45	5:45 Alignment Flow* :55	5:45 Diezel Kick :45	INSIDE OUT	12:30 Barre Blaster :45	12:15 Vinyasa Yoga* :60
6:30 Boot Camp Cycling* :45	5:45 Zumba® :45	6:45 Cycle Force* :45	6:30 Cycling* :45	6:15 Ballet Tech :45	4:00 Cycling* :45	1:30 Urban Meditation :30
6:45 Arms / Abs / Assets* :45	6:30 Pilates Mat :50	6:45 Knockout Sculpt :45	6:30 Diezel Sculpt :45	6:15 Cycling* :45		4:00 MELT™ Length :60
7:30 Cycling* :45	7:00 Cycle Force* :45	7:30 Pilates Turned :45	7:15 Vinyasa Yoga :60	7:00 Arms / Abs / Assets :30		5:00 MELTed Strength :60
7:30 Sculpt Xpress :30	7:30 Vinyasa Yoga :70	INSIDE OUT				
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	6:15 Obstacle Race :45	6:45 Cycling* :45	6:45 Gridiron Power™ :45	6:45 Cycling* :45	8:30 Obstacle Race :45	9:00 IYOGA™ (Earth Flow) :60
7:00 Cycling* :45	Training	7:00 FLUIDITY® (Barre) :60	7:30 Cycling* :30	7:00 Athletic Yoga :60	Training	9:30 Hip Hop (Dance) :55
7:00 Kinetic Sculpt® :45	7:00 Cardio Sculpt :45	7:30 Sculpt Xpress :30	9:30 Vinyasa Yoga :60	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	12:15 Cycling* :45	9:45 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 Zumba® :45	10:45 AquaFIT :45	9:45 Cycling* :50	11:15 Ultimate Abs :35
10:30 Aqua Boot Camp :50	9:30 Vinyasa Yoga :60	12:00 Barre Blaster :45	1:00 Heated Vinyasa :60	12:15 Boot Camp Sculpt :45	10:00 Diezel Circuit :45	11:30 Cycling* :45
12:15 PiYo® Workout :45	12:00 Pilates Mat :45	12:15 Cycling* :45	1:00 Total Sculpt :45	12:15 Cycling* :45	10:30 BodyTRAC :45	12:00 FLUIDITY® (Barre) :60
12:15 Cycling* :45	12:15 Cycle Shred* :45	1:00 Diezel Circuit :45	5:30 Dance HIIT :45	12:15 Pilates Mat :55	10:45 Cycle Shred* :40	3:15 Dance HIIT :45
1:00 IYOGA™ (Earth Flow) :60	1:00 INSANITY® :50	1:00 Vinyasa Yoga :60	5:45 Vinyasa Yoga :60	1:00 Hard Core :30	11:00 Zumba® :45	3:45 Boot Camp Cycling* :45
1:00 Urban Rebounding™ :45	1:00 Vinyasa Yoga :60	5:15 Zumba® :45	6:00 Cycling* :45	1:15 Vinyasa Yoga :60	11:30 Athletic Abs :30	Series 10/21-12/2
5:15 Assets :30	5:30 FLUIDITY® (Barre) :55	5:45 Total Sculpt :45	6:15 Cardio Sculpt :40	5:15 BURN 30 :30	12:00 Pilates Mat :60	4:00 INSANITY® :50
5:45 Body Sculpt :45	5:45 Alignment Flow :60	6:00 JAB (Kickboxing) :40	6:45 Pilates Strength :45	5:45 Arms / Abs / Assets :30	12:00 Tai Chi :60	4:30 Vinyasa Yoga :75
6:00 Cycle Shred* :45	6:30 Cycling* :45	6:45 Athletic Abs :30	7:00 Boot Camp Cycling* :45	6:15 Caribbean Heat :45	1:00 Hula (Hoop) Hiit :60	5:00 Athletic Abs :30
6:00 Vinyasa Flow :70	6:30 Dance HIIT :45	6:45 Cycling* :45	7:00 FLUIDITY® (Barre) :45	6:30 Cycle Shred* :45	3:00 Warm Yoga :75	5:30 JAB (Kickboxing) :45
6:30 Rebound HIIT :45	6:45 BodyTRAC :30	6:45 Urban Rebounding™ :45	7:30 Viking Workout* :45	7:00 FLUIDITY® (Barre) :60	4:00 FLUIDITY® (Barre) :70	
7:00 Cycling* :45	6:45 Viking Workout* :45	7:30 Tabata Bootcamp™ :55	7:30 Alignment Flow :60	7:00 Vinyasa Yoga :75	5:15 Tabata Sculpt :45	
7:15 IYOGA™ (Fire Flow) :75	7:15 Vinyasa Yoga :60	7:30 Vinyasa Yoga :60	7:45 Kangoo™ HIIT :50			
7:15 Pilates Mat :50	7:15 Washboard Abs :30		8:30 Karate 101 (MMA) :90			
	7:45 Boot Camp Sculpt :45		8:45 Salsa Dance :45			
	8:30 Karate 101 (MMA) :90					

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 Cycle HIIT* :45	6:45 Cardio Sculpt :60	6:45 Vinyasa Flow :50	6:45 Cycle Shred* :30	6:45 Cardio Sculpt :60	10:00 Cycle Xpress* :30	10:15 Total Sculpt :45
11:30 Zumba® :40	7:00 Swim Pro** Series :45	11:40 Cycle Xpress* :30	7:00 Swim Pro** Series :45	12:15 Interval Sculpt :45	10:30 Arms / Abs / Assets :45	11:00 Pilates Barre :45
12:15 Boot Camp Sculpt :45	11:40 Tabata 30 :30	12:15 Total Sculpt :45	7:15 Athletic Abs :15	1:00 Barre Blaster :45	11:15 Pilates Mat :55	12:00 Alignment Yoga :60
1:00 Vinyasa Yoga :50	12:15 Step It Up :45	1:00 Alignment Flow :50	12:15 Zumba® :45	6:00 Aqua Zumba® :45	12:15 Zumba® :45	2:30 AquaFIT :45
5:30 Body Sculpt :45	1:00 Interval Sculpt :45	1:00 AquaFIT :45	1:00 Strenght Training :45	6:15 KNOCKOUT :45	1:00 Barre & Stretch :45	4:00 Zumba® :45
6:30 Cycling* :40	5:15 Pilates Mat :40	5:30 AquaFIT :45	5:15 Ballet Tech :45		4:00 Vinyasa Yoga :60	
7:15 Pilates Mat :50	6:00 Boot Camp Sculpt :45	5:45 The Pyramid (HIIT) :45	6:00 Pilates Turned :45			
	6:45 Cardio Core :30	6:30 Total Sculpt :45	INSIDE OUT			
	7:15 Vinyasa Yoga :60	7:15 Pilates Barre :45	6:45 Vinyasa Yoga :60			

**SwimPro Series - Visit NYHRC.com/classes for dates (Tuesdays & Thursdays at 7:00 AM) and to sign-up, 24 hours in advance; limit six people.

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 :45	7:00 Vinyasa Yoga :45	7:00 Cycle HIIT* :45	7:00 Pilates Strength :45	7:00 Tread HIIT :45	11:00 Vinyasa Flow :70	CLUB CLOSED
10:30 Better Bones :45	11:00 Body Fusion :45	10:30 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 :45	11:30 AquaFIT :45	12:00 Pilates Mat :45	11:15 Total Sculpt :50	1:15 MELT® Strength :45	
12:15 Cardio Sculpt :45	12:15 Just Dance :45	12:15 Total Sculpt :45	12:15 Interval Sculpt :45	12:15 Pilates Turned :45		
12:15 The Pyramid (HIIT) :45	12:30 Cycling* :45	12:30 Cycling* :45	12:30 Cycle Shred* :45	INSIDE OUT		
1:00 Total Sculpt :45	1:00 MELT® on Stretch :50	1:00 Zumba® :45	1:00 Bin Zhou Stretch :45	12:15 Retro Aerobics :45		
1:00 Zumba® :45	1:00 Sculpt & Alignment :45	1:15 15 Minute Abs :15	1:00 Just Dance :45	1:00 Body Sculpt :45		
5:30 Body Fusion :45	2:00 Gentle Yoga :75	1:30 Barre 30 :30	5:45 Zumba® :45	1:00 Vinyasa Yoga :50		
5:45 Athletic Abs :30	5:30 Pilates Mat :45	5:30 Vinyasa Yoga :60	5:45 Pilates Fusion :45	5:30 Total Sculpt :45		
6:00 Cycling* :45	5:45 Cardio Kick :45	5:45 Total Sculpt :45	6:00 Surfs Up (Aqua) :45	6:15 Zumba® :45		
6:15 JAB (Kickboxing) :45	6:15 Cycling* :45	6:00 Cycling * :55	6:30 Step It Up :45	7:00 Vinyasa Flow :60		
6:15 Tabata Sculpt :45	6:30 AquaFIT :45	6:30 Zumba® :45	6:30 Abs/Assets :30			
7:00 Vinyasa Flow :60	6:30 BURN 45 :45	6:30 Pilates Circle :45				
	6:30 Total Sculpt :45	Workout				
	7:15 Kangoo Power™ :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 Cycle Shred* :45	7:00 Boot Camp Cycling* :45	7:00 Cycling* :45	7:00 The Pyramid (HIIT) :50	10:15 Arms / Abs / Assets :45	11:00 Boot Camp Cycling* :45
7:00 Vinyasa Yoga :60	7:00 Cardio Sculpt :45	12:00 Ballet Tech :55	7:45 Tabata 30 :30	10:00 Aqua Boot Camp :45	11:00 Cycling* :45	11:45 Body Sculpt :60
10:00 Limber (Stretch) :45	10:15 Gyrokinesis® :60	12:15 Boot Camp Cycling* :45	10:30 Body Sculpt :45	11:30 LASTICS® (Stretch) :45	11:30 Aqua Boot Camp :45	11:45 Gentle Yoga :75
10:30 AquaFIT :45	12:00 Alignment Yoga :50	12:15 Boot Camp Sculpt :45	12:00 Athletic Abs :30	12:15 Cycling* :45	4:00 Zumba® :45	12:30 AquaFIT :45
12:15 Diezel Kick :45	12:15 Boot Camp Sculpt :45	1:00 Pilates Turned :45	12:15 Boot Camp Sculpt :45	12:15 IYOGA® :60	5:00 Athletic Yoga :70	4:00 Total Sculpt :45
12:15 Pilates Mat :45	12:15 Cycling* :45	INSIDE OUT	12:15 Cycling* :45	(Liquid Flow)		
1:00 Boot Camp Cycling* :45	1:00 Boxing Circuit* :45	2:00 Gentle Yoga :75	12:30 Barre Blaster :45	12:15 Zumba® :45		
1:00 Diezel Sculpt :30	1:00 Total Sculpt :45	5:30 15 Minute Abs :15	1:00 Boxing Circuit* :45	1:00 Boxing Circuit :45		
1:00 Stretch :55	1:00 Barre Blaster :45	5:45 Pilates Barre :45	1:00 Total Sculpt :45	1:00 Strength Training :45		
2:00 Gentle Yoga :75	5:45 Ballet Tech :45	5:45 Military Muscle :45	5:45 Pilates Mat :45	5:45 Interval Sculpt :45		
5:45 Interval Sculpt :45	5:45 Total Sculpt :45	6:30 15 Minute Abs :15	6:00 Cardio Sculpt :45	6:30 Bin Zhou Stretch :45		
5:45 Vinyasa Flow :60	6:30 Boot Camp Cycling* :45	6:30 Athletic Yoga :60	6:30 Yoga 4 Runners :75	6:30 INSANITY® :50		
6:00 AquaFIT :45	6:30 Vinyasa Yoga :60	6:30 Cycling* :45	6:45 Zumba® :45			
6:00 Cycling* :45	6:30 Diezel Kick :45	6:45 Boxing Boot Camp* :45	7:00 AquaFIT :45			
6:30 Step It Up :45	7:00 Aqua Boot Camp :45	7:00 The Pyramid (HIIT) :55				
6:45 Cardio Sculpt :45	7:15 Zumba® :45					
7:15 STRONG® (HIIT) :55	7:15 Diezel Boxing :45					
7:30 Alignment Flow :50	7:30 Latin Ballroom :45					
	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	11:00 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 Alignment Flow :60	1:00 MELT® :45	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	4:00 Sculpt & Barre :45	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 :45	4:00 Cardio Sculpt :60	5:30 Cardio Sculpt (Low) :45	4:00 Arms / Abs / Assets :55	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	6:15 Zumba® :45	6:00 Ballroom 101 :45	6:45 AquaFIT :45	5:00 Gentle Yoga :60	
6:15 Zumba® :45	6:15 Pilates Mat :45	7:00 AquaFIT :45	6:15 KNOCKOUT :55			
7:00 Cycling* :45	7:00 Cycling* :45	7:00 Cycling* :45	6:45 Salsa Dance :45			
7:00 INSANITY® :50	7:00 Total Sculpt :45	7:00 Sculpt & Barre :50	7:00 Cycle Force* :45			
7:15 Athletic Yoga :60	7:45 Alignment Flow :60	7:00 Vinyasa Flow :60	7:15 Tabata Sculpt :45			
			8:00 Ultimate Abs :30			

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	9:00 Tabata 40 :40	9:45 Rebound Sculpt :45
11:00 Gentle Yoga :60	7:00 FLUIDITY® (Barre) :55	11:00 Vinyasa Yoga :60	11:15 Alignment Yoga :60	11:00 Vinyasa Yoga :60	9:15 Cycling* :45	10:00 Cycling* :45
5:00 Alignment Yoga :45	10:00 Pilates Mat :55	12:15 Boot Camp :45	12:15 BodyTRAC :45	12:15 Boot Camp Sculpt :45	9:45 Rebounding :30	11:00 IYOGA™ (Fire Flow) :75
6:00 Diezel Impact :60	12:15 Boot Camp Cycling* :45	1:00 Pilates Fusion :45	6:00 Arms / Abs / Assets :45	5:30 Pilates Mat :45	10:15 Athletic Yoga :75	12:30 INSANITY® :50
6:30 Cycling* :45	12:30 BodyTRAC :30	5:30 BURN 30 :30	6:45 Cycling* :45	6:45 Tibetan Rites :30	11:45 Cycling* :45	1:30 FLUIDITY® (Barre)* :60
7:00 Tabata 30 :30	1:00 Alignment Yoga :60	6:00 Caribbean Heat :45	6:45 Zumba® :45	Series 10/19-11/30	4:00 Pilates Mat :45	5:00 BURN 45 :45
7:30 Vinyasa Flow :60	5:15 Cardio HIIT :45	(Dance)	7:30 Vinyasa Yoga :70	7:15 Night Club Salsa :45	4:45 Arms / Abs / Assets :45	5:45 Upright Yoga :45
	6:00 Hard Core :30	6:45 Arms / Abs / Assets :45		8:00 Argentine Tango :45		
	6:15 Cycling* :45	6:45 Cycle Shred* :45				
	6:30 Insanity® :40	7:30 Vinyasa Yoga :75				
	7:15 Vinyasa Yoga :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 Cycling* :45	7:00 Cycle Force* :45	9:15 AquaFIT :60	11:15 Pumped Up Yoga :40
11:40 Athletic Abs :30	11:40 Tabata 30 :30	7:00 Tabata Sculpt :45	11:40 STRETCH :30	11:40 Athletic Abs :30	10:45 Cycling* :40	12:00 Yin Flow (Yoga) :60
12:15 Athletic Yoga* :45	12:15 Cycling* :45	11:40 Tabata 30 :30	12:15 Athletic Yoga* :45	12:15 Barre Blaster* :45	11:30 Tabata 30 :30	
12:15 Cycling* :45	12:15 Total Sculpt :45	12:15 The Pyramid (HIIT) :45	12:15 Cycling* :45	12:15 Cycling* :45		
12:15 Total Sculpt* :45	12:15 Vinyasa Yoga :45	12:15 Cycling* :45	12:15 Total Sculpt :45	12:15 Total Sculpt* :45		
1:00 Stretch & Abs :40	1:00 Boot Camp :45	12:15 STRETCH* :40	1:00 Diezel Kick :45	1:00 PiYo® Workout :55		
1:00 Zumba® :45	1:00 Pilates Mat* :50	1:00 Vinyasa Yoga* :50	1:00 Pilates Mat :50	1:00 Vinyasa Yoga :50		
5:30 BareFIT (Sculpt) :45	5:30 Pop Pilates® :30	1:00 Zumba® :45	5:30 Cardio Sculpt :45	5:30 Aqua Boot Camp :45		
5:45 Upright Yoga :30	5:45 Barre Blaster* :45	5:30 Pilates Mat :60	5:45 Barre Blaster :45	5:30 Boot Camp :45		
5:45 Cycling* :45	6:00 Zumba® :45	5:45 Boot Camp :45	6:15 Cycling* :45	5:45 Yin Flow (Yoga) :70		
6:30 The Pyramid (HIIT) :45	6:00 Cycling* :45	5:45 Cycling* :45	6:15 Masala Bhangra® :45			
6:30 Vinyasa Flow :60	6:30 Vinyasa Yoga :60	6:30 Cardio Core :40	6:30 Vinyasa Yoga :60			
7:15 Athletic Stretch :30	6:45 Arms/Abs/Assets :45	6:30 Restorative Yoga :55				