

BOOM

Group Fitness Schedule

Effective: May 2010

81 street (212) 879-6013

CLUB HOURS

Monday - Friday 5:30am - 11pm

Saturday - Sunday 8am - 8pm

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Group Fitness Studio 1 and 2

	6:30 am Spinning Beth	6:30 am Sculpting Cliff	6:30 am Spinning Stephanie		9:15 am Power Flow Yoga Lisa <i>Studio 2</i>	9:15 am Pilates Kerry
9:15 am Ripped Tomas	9:15 am Pilates Mat Sandi	9:15 am Ripped Tomas		9:15 am Pilates mat Joanna <i>Studio 2</i>	9:15 am Step Danna	
	10:30 am Stretch&Rejuvenate Liz		10:30 am Gentle Yoga Liz	9:15 am Sculpting Vanita	10:15 am Ripped Danna	10:15 am Vinyasa Yoga Robert
6:00 pm (30 mins) Abs Joe	**Urban Rebounding Billy Joe	6:30 pm Vinyasa Yoga Goldie <i>Studio 2</i>	6:00 pm Pilates Jen <i>Studio 2</i>		** 11:30 am Spinning w/abs David	
6:30 pm **Kickboxing Joe	6:00 pm Pilates Aimee <i>Studio 2</i>	6:00 pm Ripped Duant	**Urban Rebounding Billy Joe		1:00 pm Ripped Duant	5:00 pm (75 mins) Power Flow Yoga Lisa
6:30 pm Power Flow Yoga Lauren <i>Studio 2</i>	7:00 pm Vinyasa Yoga April <i>Studio 2</i>	** 7:00 pm Spinning w/abs David	7:00 pm Flow Yoga Michael <i>Studio 2</i>		2:00 pm Hatha Yoga Katherine	6:30 pm **Spinning Cliff
** 7:30 pm Spinning Buddy	7:00 pm Cardio Blast Tara		7:00 pm Cardio Blast Tara			

Changes to schedule indicated in red

**Sign-up required (Available at front desk 1 hour prior to start of class)
For your safety no one will be permitted to attend a class after 10 minutes of start. Classes and instructors are subject to last minute changes.

Promotion

Bring in a friend for a free workout.
Inquire with one of our helpful membership consultants.