

Club H Fitness- Hell's Kitchen



Summer Group Fitness Schedule



July 14-September 6th

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<b>*Spin H 45m</b> 7:15 <i>David</i> SP	<b>Pump 45</b> 7:15 <i>Laticia</i> M	<b>Sunrise Vinyasa 60</b> 7:00 <i>Sarah</i> MB	<b>Pump 45</b> 7:15 <i>Laticia</i> M	<b>*Spin &amp; Strength 50</b> 7:15 <i>Patricia</i> SP	<b>*Rebounding 45</b> 10:00 <i>Keoni</i> M	<b>Kick It</b> 7:15 <i>Julie</i>				<b>Sunrise Vinyasa 60</b> 11:00 <i>Johan Montiajano</i> MB	
										<b>Power Pump 45</b> 12:00 <i>Tanya Chaly</i> M	
<b>*Rebounding 45</b> 12:15 <i>Blake</i> M	<b>Pilates 55</b> 11:00 <i>Leanne B</i> MB		<b>Pilates 55</b> 11:00 <i>Leanne B</i> MB			<b>Abs Back &amp; Butt 45</b> 1:00 <i>Blake</i> M	<b>Ultimate Warrior 45</b> 12:15 <i>Lamar McKay</i> M	<b>*Resist. Rebound 45</b> 12:15 <i>Blake</i> M		<b>Pilates Mat 55</b> 12:15 <i>Stephanie M.</i> MB	
							<b>Lunch Yoga 60</b> 1:00 <i>Johan</i> MB	<b>Abs Back &amp; Butt 45</b> 1:00 <i>Blake</i> M		<b>Vinyasa Yoga 75</b> 1:15 <i>Glenn</i> MB	
	<b>Absolutely 30</b> 6:00 <i>Courtney Paul</i> M										
<b>Sunset Vinyasa 60</b> 6:00 <i>Gleen</i> MB	<b>Pilates Mat 45</b> 6:15 <i>Christina J.</i> MB	<b>Abs Back &amp; Butt 45</b> 6:00 <i>Barbara Mckeon</i> M	<b>Absolutely 30</b> 6:00 <i>Blake</i> M								<b>Sunday</b>
<b>Boot Camp 60</b> 6:30 <i>Rebecca</i> M	<b>Heaven &amp; Hell 60</b> 6:30 <i>Courtney Paul</i> M	<b>Core Hell</b> 6:45 <i>Stephen</i> MB	<b>Pilates Mat 55</b> 6:30 <i>Leanne B</i> MB							<b>Sunrise Yoga 75</b> 9:45 <i>Paul Keoni Chun</i> MB	
<b>*Spin H 45</b> 7:00 <i>Tricia</i> SP	<b>Intermed. Yoga 60</b> 7:30 <i>Charles</i> MB	<b>*Spin H 45</b> 7:00 TBD SP	<b>*Rebounding 45</b> 6:30 <i>Blake</i> M							<b>Pump 45</b> 11:00 <i>Tanya</i> M	
<b>Yoga School 60</b> 7:30 <i>Gleen</i> MB	<b>Kettle Hell 60</b> 7:30 <i>Evon</i> M	<b>Intermed. Yoga 60</b> 8:00 <i>Tim</i> MB	<b>*Spin H 45</b> 7:15 <i>David</i> SP							<b>Intermed. Yoga 60</b> 7:30 <i>Johan Montiajano</i> MB	<b>Absolutely 30</b> 12:00 <i>Tanya</i> M
	<b>*Rebounding 55</b> 8:30 <i>Blake &amp; Scottie</i> M	<b>The Challenge 45</b> 8:00 <i>Keoni</i> M	<b>Kettle Hell 45</b> 7:15 <i>Evon</i> M								<b>H30 45</b> 12:30 <i>Tanya</i> M

**Club Hours:**

Mon-Thurs  
5:30am-11pm

Friday:  
5:30am-10pm

Sat/Sun:  
8am-9pm

\* Sign up Required

M - Movement Studio

MB - Mind Body Studio

SP - Spin Studio

423 West 55th Street 212.245.5802  
All classes free to Club H Fitness members

Download your own copy of this schedule  
at [www.clubhfitness.com](http://www.clubhfitness.com)

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