

Club H Fitness- Hell's Kitchen



Labor Day 2010



Sept. 3rd-Sept. 6th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Setp. 6th 8:00am-3:00pm				Sept. 3rd. 5:30am-8:00pm <hr/> *Spin & Strength 50 7:15 <i>Patricia</i> SP	Sept. 4th 8:00am-5:00pm <hr/> *Rebounding 45 10:00 <i>Blake</i> M <hr/> Sunrise Vinyasa 60 11:00 <i>Johan Montiajano</i> MB <hr/> Power Pump 45 12:00 <i>Blake</i> M
				<hr/> *Resist. Rebound 45 12:15 <i>Blake</i> M <hr/> Abs Back & Butt 45 1:00 <i>Blake</i> M	

Sunday	
Sept 5th	
8:00am-5:00pm	
Pump 45	10:00
<i>Laticia</i>	M
Abs 30	10:45
<i>Laticia</i>	M

Club Hours:			* Sign up Required
Mon-Thurs	Friday:	Sat/Sun:	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

Group Fitness Director: Blake Mays
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