



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
*Spin H 45m 7:15 <i>Patricia</i> SP	Pump 45 7:15 <i>Courtney</i> M	Sunrise Vinyasa 60 7:00 <i>Sarah</i> MB	Pump 45 7:15 <i>Courtney</i> M	*Spin H 45 7:15 <i>Patricia</i> SP	Sunrise Vinyasa 60 11:00 <i>Johan Montiajano</i> MB	*Spin & Strength 50 7:00 <i>Patricia</i> SP	*Spin H 75 9:45 <i>Tanya Chaly</i> SP	H30 45 7:15 <i>Miguel</i> M	*Rebounding 45 10:00 <i>Keoni</i> M	Sunrise Vinyasa 60 11:00 <i>Johan Montiajano</i> MB	Power Pump 45 12:00 <i>Tanya Chaly</i> M
*Rebounding 45 12:15 <i>Blake</i> M	IM=X Pilates 55 11:00 <i>Leanne B</i> MB	Vinyasa Yoga 60 11:00 <i>Glenn</i> MB	IM=X Pilates 55 11:00 <i>Leanne B</i> MB	Vinyasa Yoga 11:00 <i>Glenn</i> MB	Power Pump 45 12:00 <i>Tanya Chaly</i> M	*Resist. Rebound 45 12:15 <i>Blake</i> M	Pilates Mat 55 12:15 <i>Stephanie M.</i> MB	Abs Back & Butt 45 1:00 <i>Blake</i> M	Absolutely 30 12:45 <i>Lamar</i> M	Vinyasa Yoga 60 1:30 <i>Glenn</i> MB	
Abs Back & Butt 45 1:00 <i>Blake</i> M	Ultimate Warrior 45 12:15 <i>Miguel</i> M	Gunz & Bunz 45 12:15 <i>Courtney</i> M	Ultimate Warrior 45 12:15 <i>Miguel</i> M	*Resist. Rebound 45 12:15 <i>Blake</i> M	Pilates Mat 55 12:15 <i>Stephanie M.</i> MB	Abs Back & Butt 45 1:00 <i>Blake</i> M	Absolutely 30 12:45 <i>Lamar</i> M	Lunch Yoga 60 1:00 <i>Johan</i> MB	Absolutely 30 12:45 <i>Lamar</i> M		
	Lunch Yoga 60 1:00 <i>Johan</i> MB	H30 45 1:00 <i>Courtney</i> M	Lunch Yoga 60 1:00 <i>Stefan</i> MB	Abs Back & Butt 45 1:00 <i>Blake</i> M	Absolutely 30 12:45 <i>Lamar</i> M						
	Absolutely 30 6:00 <i>Courtney Paul</i> M			Absolutely 30 6:00 <i>Blake</i> M							
Sunset Vinyasa 60 6:00 <i>Vicki</i> MB	Pilates Mat 45 6:15 <i>Christina J.</i> MB			Pilates Mat 55 6:30 <i>Leannae</i> MB							
Boot Camp 60 6:30 <i>Miguel</i> M	Heaven & Hell 60 6:30 <i>Courtney Paul</i> M	Abs Back & Butt 45 6:00 <i>Barbara Mckeeon</i> M		*Rebounding 45 6:30 <i>Blake</i> M							
*Spin H 45 7:00 <i>Tricia</i> SP	*Spin H 45 6:30 <i>Eric L</i> SP	Nia 6:30 <i>Rachell</i> MB		*Spin H 45 7:15 <i>David</i> SP							
Yoga School 60 7:30 <i>Vicki</i> MB	Intermed. Yoga 60 7:30 <i>Charles</i> MB	Hip Hop Hell 60 7:00 <i>Norman</i> M		Kettle Hell 45 7:15 <i>Bao</i> M							
Pump 45 7:30 <i>Miguel</i> M	Kettle Hell 60 7:30 <i>Bao</i> M	Intermediate Yoga 8:00 <i>Tim</i> MB		H30 45 8:00 <i>Keoni</i> M							
Hip Hop Hell 8:15 <i>Starts/3/8/ Emma</i> M	*Rebounding 55 8:30 <i>Blake & Scottie</i> M	The Challenge 8:00 <i>Keoni</i> M									
Club Hours:											
Mon-Thurs 5:30am-11pm	Friday: 5:30am-10pm	Sat/Sun: 8am-9pm									

Sunday

Sunrise Yoga 75 9:45 <i>Paul Keoni</i> MB	Pump 45 11:00 <i>Tanya</i> M
Cardio Pump 60 6:30 <i>Tanya Chaly</i> M	Absolutely 30 12:00 <i>Tanya</i> M
Intermed. Yoga 60 7:30 <i>Johan Montiajano</i> MB	H30 45 12:30 <i>Tanya</i> M
	Vinyasa Yoga 75 6:30 <i>Stefan</i> MB

* 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

Group Fitness Director: Blake Mays
Comments: blake@clubhfitness.com