



23rd & Park
113 East 23rd Street
New York, NY 10010
212.982.4400

* Reservation required

Cycling Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 AM* Spinning	06:30 AM Spinning	06:30 AM* Spinning	09:30 AM* Spinning	06:30 AM* Spinning	09:30 AM* Spinning	10:30 AM* Spinning
12:15 PM* Spinning	12:15 PM* Spinning	12:15 PM* Spinning	07:00 PM* Spinning	12:15 PM* Spinning (45 min)	10:30 AM* Spinning	
06:00 PM* Spinning	06:00 PM* Spinning	06:00 PM* Spinning				
07:00 PM* Spinning	07:00 PM* Spinning	07:00 PM* Spinning				

Studio 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
> NEW 09:30 AM Total Body Conditioning	06:45 AM Total Body Conditioning	06:30 AM Sports Circuit	06:45 AM Total Body Conditioning	09:30 AM Cardio Kickbox	09:30 AM Cardio Kickbox	09:15 AM* Total Body Conditioning
10:30 AM Hatha Yoga	09:30 AM Total Body Conditioning	09:30 AM Vinyasa Yoga	09:30 AM Power Yoga	10:30 AM* Total Body Conditioning	10:30 AM* Total Body Conditioning	10:15 AM Hatha Yoga
> NEW 12:15 PM Pilates-Based Mat	10:30 AM Step	> NEW 10:30 AM Total Body Conditioning	> NEW 10:30 AM Masala Bhangra (45 min)	12:15 PM Boxing (Noncontact)	11:30 AM Pilates-Based Mat	11:15 AM Boot Camp
> NEW 01:15 PM Ultimate Conditioning	12:15 PM Total Body Conditioning	12:15 PM Cardio Kickbox (45 min)	12:15 PM Club Strength	05:30 PM* Total Body Conditioning (45 min)	03:00 PM* Boxing (Noncontact)	05:00 PM* Pilates-Based Mat
05:30 PM Kickboxing	01:00 PM Abdominals (15 min)	01:15 PM Strengthen & Stretch	01:00 PM Vinyasa Yoga	06:15 PM* Step		
06:30 PM* Step (45 min)	05:30 PM Sports Circuit (45 min)	05:30 PM Total Body Conditioning	05:30 PM Step (45 min)	07:00 PM Abs Express (15 min)		
07:15 PM* Total Body Conditioning (45 min)	06:15 PM* Club Strength (45 min)	06:30 PM* Power Step	06:15 PM* Abs Express (15 min)			
08:00 PM Vinyasa Yoga	07:00 PM Abs Express (15 min)	07:30 PM* Boot Camp	06:30 PM* Total Body Conditioning			
	07:15 PM	08:30 PM Vinyasa Yoga	07:30 PM*			

	Cardio Video Dance 08:15 PM Pilates-Based Mat		Pilates-Based Mat 08:30 PM Boxing (Noncontact)			
--	---	--	--	--	--	--

Group exercise classes are 55 minutes unless otherwise noted. Cycling classes are 45 minutes.

Small Group Training classes are 60 minutes. Registration is required.

Sports Clubs for Kids programs and classes are of various durations. Please see program brochures or contact your club for more information.