



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 | 12:15 PM 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 | | 06:15 PM* Spinning | | |
| 07:00 PM* Spinning | 07:00 PM* Spinning | 07:00 PM* Spinning | | | | |

Studio 1

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|---|---|---|
| 09:30 AM Total Body Conditioning | 06:45 AM Total Body Conditioning | 06:30 AM Sports Circuit | 06:45 AM Ultimate Conditioning | 09:30 AM Cardio Kickbox | 09:30 AM Cardio Kickbox | 09:15 AM* Total Body Conditioning |
| 10:30 AM Vinyasa Yoga | 09:30 AM Total Body Conditioning | 09:00 AM Prime Time Cardio | 09:30 AM Power Yoga | 10:30 AM* Total Body Conditioning | 10:30 AM* Total Body Conditioning | 10:15 AM Hatha Yoga |
| 12:15 PM Pilates- Based Mat | 10:30 AM Step | 12:15 PM Cardio Kickbox (45 min) | 10:30 AM Masala Bhangra (45 min) | 12:15 PM Boxing (Noncontact) | 11:30 AM Pilates- Based Mat | 11:15 AM Boot Camp |
| 01:15 PM Ultimate Conditioning | 12:15 PM Total Body Conditioning | 01:15 PM Power Yoga | 12:15 PM Total Body Conditioning | 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 (30 min) | 05:30 PM Total Body Conditioning | 01:15 PM Vinyasa Yoga | 06:30 PM Pilates- Based Mat | | |
| 06:30 PM* Power Step (45 min) | 05:30 PM Sports Circuit (45 min) | 06:30 PM* Power Step | 05:30 PM Step (45 min) | | | |
| 07:15 PM* Total Body | 06:15 PM* | 07:30 PM* Boot Camp | 06:15 PM* | | | |

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|---|---|-----------------------------|--|--|--|--|
| Conditioning (45 min) 08:00 PM Vinyasa Yoga | Club Strength (45 min) 07:00 PM Abs Express (15 min) 07:15 PM Cardio Video Dance 08:15 PM Pilates- Based Mat | 08:30 PM Vinyasa Yoga | Abs Express (15 min) 06:30 PM* Total Body Conditioning 07:30 PM Zumba Dance 08:30 PM Boxing (Noncontact) | | | |
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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.