



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
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	10:00 AM Catwalk Confidence	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	12:15 PM Cardio Kickbox (45 min)	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)	01:15 PM Power Yoga	01:15 PM Vinyasa Yoga	06:15 PM* Step		
06:30 PM* Power Step (45 min)	05:30 PM Sports Circuit (45 min)	05:30 PM Total Body Conditioning	05:30 PM Step (45 min)			
07:15 PM* Total Body	06:15 PM*	06:30 PM*	06:15 PM*			

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	Power Step  07:30 PM* Boot Camp  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.