



23rd & PARK

113 east 23rd st, new york, ny 10010-4507 212.982.4400

mon	tue	wed	thu	fri	sat	sun
group exercise studio						
9:30am studio sampler 10:30am hatha yoga 12:15pm step 1:00pm total body cond. (45 min) 5:30pm kickboxing *6:30pm Step *7:15pm total body cond. 8:00pm vinyasa yoga	6:45am club strength 9:30am total body cond. 10:30am step 12:15pm total body cond. (45 min) 1:00pm abdominals (30 min) 5:30pm sports circuit *6:15pm club strength 7:00pm club abs 7:15pm cardio video dance 8:15pm pilates-based mat	6:30am sports circuit 9:30am pilates-based mat 10:30am boot camp 12:15pm cardio kickbox 1:15pm abdominals (30 min) 5:30pm total body cond. *6:30pm power step *7:30pm boot camp 8:30pm vinyasa yoga	6:45am total body cond. 9:30am hatha yoga 12:15pm club strength 1:00pm vinyasa yoga 5:30pm step *6:15pm abs express *6:30pm total body cond. *7:30pm pilates-based mat 8:30pm boxing	9:30am club kick *10:30am total body cond. 12:15pm boxing *5:30pm total body cond. *6:15pm step 7:00pm abs express (15 min)	9:30am cardio kickbox *10:30am total body cond. 11:30am pilates-based mat *3:00pm boxing <div style="border: 1px solid black; padding: 5px;"> <p>expressline hours:</p> <p>mon - fri 9:30 - 11:00am</p> <p>mon - thu 6:30 - 8:00pm</p> <p>sat - sun 9:30am - 11:30am</p> </div> <p style="text-align: center;">♻️ Join TSI in being GREEN ♻️</p>	*9:15am club strength 10:15am hatha yoga 11:15am boot camp *5:00pm pilates-based mat <div style="border: 1px solid black; padding: 5px;"> <p>group exercise coordinator: megan classes are 55 minutes unless otherwise noted 45 minutes. Cycling classes are 45 minutes</p> <p>class schedules on the web www.mysportsclubs.com we welcome your feedback contact us at: www.mysportsclubs.com/feedback</p> </div>
cycling studio						
*6:30am		*6:30am		*6:30am		
*12:15pm	*12:15pm	*12:15pm	*9:30am	*12:15pm	*9:30am	*10:30am
*6:00pm	*6:00pm	*6:00pm	*6:00pm			
*7:00pm	*7:00pm	*7:00pm				

*SIGN UP REQUIRED