January Class Schedule 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	7:30 AM - 8:30 AM Vinyasa Yoga Rose 2 7:30 AM-8:30 AM Cycle Strength Cari 1 10:30 AM-11:30 AM Zumba© Venuz 1	7:30 AM - 8:15 AM Rock the Circuit Martha 1 9:30 AM - 10:30 AM Cycle Strength Helen 1 10:30AM-11:30AM TRX Body Blast Todd 1 11:30 AM - 12:30 PM Silver Sneakers Todd 1	7:30AM-8:00AM Cycle 30 Martha 1 8:00 AM - 8:30 AM AbDomination Martha 1 10:30 AM - 11:30 AM Zumba© Venuz 1	6:30 AM-7:15 AM Cycle 45 Joe 1 8:00 AM-9:00 AM Just Dance Suki 1 10:30 AM-11:30 AM TRX Body Blast Martha 1 11:30 AM - 12:30 PM Silver Sneakers Martha 1	7:00 AM- 7:45 AM HIIT IT! Todd 1 8:00 AM - 8:45 AM Rock the Circuit Todd 1 9:00 AM -10:00 AM Cycle Strength Helen 1	10:00AM-11:30AM Vinyasa Yoga Rose 2 10:30 AM - 11:30 AM HIIT IT! Lizette 1 10:30 AM - 11:30 AM Boxing Conditioning Ariel B 11:30 AM - 12:30PM Zumba © Lizette 1 12:30 PM-1:00 PM AbDomination Lizette 1	9:30 AM - 10:15 AM HIIT IT! Todd 1 9:30 AM - 10:30 AM Pilates Rose/Lizette 2 10:30 AM - 11:30 AM Just Dance Suki 1 11:30 AM - 12:15 PM Cycle 45 Joe 1 11:30AM-12:30PM Vinyasa Yoga Kaelyn 2
PM	6:30 PM - 7:30 PM Kickin' It Helen 1 6:30 PM - 7:30 PM Vinyasa Yoga Liz 2 7:00 PM - 8:00 PM Boxing Conditioning Steven B 7:30 PM - 8:15 PM Cycle 45 Helen 1 7:30 PM - 8:30 PM Power Pilates Katie 2	6:30PM-7:00PM Step Express Dorothy 1 7:00-7:30PM POUND® Dorothy 1 7:00PM-8:00PM Boxing Conditioning Steven B 7:30 PM-8:30 PM Rock Body Dorothy 1 7:30PM-8:30PM Slow Flow Yoga Tanya 2 7:30 PM-9:00 PM Rock Climbing Matt RW	5:30 PM - 6:30 PM TRX Body Blast Martha 1 6:30 PM - 7:15 PM HIIT It! Martha 1 7:00 PM - 8:00 PM Power Pilates Katie 2 7:00 PM - 8:00 PM Boxing Conditioning Ariel B 7:15PM-7:45PM POUND® Helen 1 7:45PM-8:15PM Cycle 30 Helen 1	6:30PM-7:30PM Kickin' Strength Helen 1 7:00PM-8:30PM Slow Flow Yoga Liz 2 7:00PM-8:00PM Boxing Conditioning Laszlo B 7:30 PM-8:30 PM Zumba© Lizette 1	6:00PM-7:00PM Vinyasa Yoga Rose 2 6:00 PM-6:30PM AbDomination Ariel 1 6:30 PM-7:30PM Rock Body Ariel 1	 Phone: (718) 204-1400 22-15 31st St. Astoria, NY 11105 Hours: M-F open 24 hrs. Friday: Close at 12AM Saturday: 7AM-9PM Sunday: 7AM-8PM	

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STUDIO KEY: 1=Studio 1 2=Studio 2 B=Boxing RW=Rock Wall