



View schedule online



Group Fitness Schedule

Effective: FEB 6th 2012

4 PARK AVENUE (212) 545-9590

CLUB HOURS
Monday Open 5:30am then 24hrs
Friday closes 11pm
Saturday - Sunday 8am - 7pm

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Group Fitness Studio 1 and 2

7:45 am
Spinning
Jay

7:30 am
Bootcamp
Karen

6:45 am
****Spinning**
Jessica

7:30 am
Vinyasa Yoga
Marian
Studio 2

6:45 am
****Spinning**
Karen

9:00 am
Rebounding
Blake

9:00 am
Yoga
Storme

12:30 pm
Power Pilates
Yasu
Studio 2

12:30 pm
Sculpting
Yuliya

12:15 pm (45 mins)
****Spinning**
Cameron

12:30 pm
Sculpting
Vanita

12:15 pm
Hatha Yoga
Sage
Studio 2

10:00 am
Sculpting
Blake

10:00 am
Pilates
Yvette

12:15 pm
Kickboxing
Daniel

6:00 pm 30 mins
BLT
Joe

1:00 pm (45 mins)
****Spinning**
Cameron

12:30 pm
Power Pilates
Yvette
Studio 2

11:00 am
Spinning
Ashley

6:00 pm
Sculpting
Raldane

6:30 pm 30 mins
Ab X-Press
Joe

5:30 pm
Power Flow Yoga
Olga
Studio 2

12:00 pm
Zumba
Khalia

7:00 pm
Zumba
Raldane

7:00 pm
Pilates
Kerry
Studio 2

5:30 pm 30 mins
Ab X-Press
Rasool

6:00 pm
Zumba
Andres

6:30 pm 30 mins
Ab X-Press
Raldane

4:30 pm
Boot Camp
Rasool

7:00 pm
Hatha Yoga
David
Studio 2

7:00 pm
****Spinning**
Laura

6:00 pm 30 mins
Cardio X-Press
Rasool

7:00 pm
****Spinning**
Ashley

7:00 pm 30 mins
BLT
Raldane

5:30 pm
****Spinning**
Stephanie

6:30 pm 30 mins
Sculpting X-Press
Rasool

7:30 pm
Vinyasa Yoga
Lisa
Studio 2

6:30 pm
Pilates
Shannon
Studio 2

7:00 pm
Zumba
Andres



Changes to schedule indicated in red

** = Sign-up required

Find our rules for sign-up on our webpage
www.boomfitness.com/schedule

For your safety no one will be permitted to attend a class after 10 minutes of start. Classes and instructors are subject to last minute changes.

Promotions

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