



View schedule online



Group Fitness Schedule

Effective FEB 6th 2012

81 street (212) 879-6013

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

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Group Fitness Studio 1 and 2

	6:30 am Spinning Stephanie	6:30 am Yoga Aya <i>Studio 2</i>	6:30 am Spinning Stephanie		9:15 am (75 mins) Power Flow Yoga Lisa <i>Studio 2</i>	9:15 am Pilates Kerry
9:15 am Ripped TBA	9:15 am Pilates Mat Morgana	9:15 am Ripped TBA		9:15 am Pilates mat Holly <i>Studio 2</i>	9:15 am Zumba Katrina	
	10:30 am Stretch&Rejuvenate Liz	6:15 pm Vinyasa Yoga Goldie <i>Studio 2</i>	10:30 am Gentle Yoga Liz	9:15 am Bootcamp Pauline	10:15 am Sculpting Katrina	10:15 am Vinyasa Yoga Alex
6:15 pm Vinyasa Yoga Alex <i>Studio 2</i>	**6:15 pm Pilates Aimee <i>Studio 2</i>	7:15 pm Vinyasa Yoga Alex <i>Studio 2</i>	6:15 pm Pilates Jen <i>Studio 2</i>	6:00 pm (30 mins) Ab X-Press Joe	**11:30 am Spinning TBA	
7:15 pm Power Flow Yoga Lauren <i>Studio 2</i>	7:15 pm Vinyasa Yoga Cynthia <i>Studio 2</i>	6:00 pm Ripped Duant	7:15 pm Flow Yoga Allison <i>Studio 2</i>	6:30 pm (30 mins) BLT Joe	1:00 pm Ripped Duant	5:00 pm (75 mins) Power Flow Yoga Lisa
**6:00 pm 60 Second Solution Cardio Kickboxing Joe	**6:00 pm Urban Rebounding Billy Joe	**7:00 pm Spinning Jay	6:00 pm **Urban Rebounding Billy Joe		2:00 pm Hatha Yoga Charlene	6:30 pm **Spinning Jay
7:00 pm Zumba Raldane	**7:00 pm Cardio Blast Raldane	8:00 pm Zumba Joanna	7:00 pm Cardio Blast TBA			

**8:00 pm
Spinning
Stephanie

**8:00 pm
Spinning
Yuliya

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 changes.

Promotions
"LIKE" us on facebook
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or scan the QR code to the left.
Get alerts to schedule changes, subs, new classes/events and much more...