



Holiday Weekend Hours

Hell's Kitchen, NYC

Christmas Holiday

Saturday, Dec 24 8:00 AM - 3:00 PM
Sunday, Dec 25 CLOSED
Monday, Dec 26 8:00 AM - 7:00 PM

GROUP FITNESS CLASSES

Saturday, Dec 24

No Group Fitness Classes

Sunday, Dec 25

No Group Fitness Classes

Monday, Dec 26

12:15 PM Rebounding w/ Blake
1:00 PM Abs, Back, & Butt w/ Blake

New Year's Holiday

Saturday, Dec 31 8:00 AM - 6:00 PM
Sunday, Jan 1 8:00 AM - 6:00 PM
Monday, Jan 2 8:00 AM - 7:00 PM

GROUP FITNESS CLASSES

Saturday, Dec 31

9:30 AM Spin H w/ Sarah Ann
10:00 AM Rebounding w/ Laticia
10:45 AM H30 w/ Laticia
11:00 AM Sunrise Vinyasa w/ Johan
12:00 PM Power Pump w/ Tanya
12:15 PM Pilates Mat w/ Stephanie
1:15 PM Vinyasa Yoga w/ Stefan

Sunday, Jan 1

9:45 AM Sunrise Yoga w/ Paul
11:00 AM Pump w/ Tanya
12:00 PM Absolutely w/ Tanya

Monday, Jan 2

1:00 PM Abs, Back, & Butt w/ Blake

