



# Holiday Weekend Hours

Hoboken, NJ

## Christmas Holiday

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

### Group Fitness Classes

#### Saturday, Dec 24

8:30 AM	Spin H w/ Robert
10:30 AM	BodyBlast w/ Jirina
11:15 AM	Zumba w/ Jeannine
11:15 AM	Power Flow Yoga w/ Jeff

#### Sunday, Dec 25

No Group Fitness Classes

#### Monday, Dec 26

9:15 AM	Power Flow Yoga w/ Jeff
9:30 AM	Zumba w/ Jeannine
12:00 PM	Strong Flow Yoga w/ Laurie
12:00 PM	Kettlebells w/ Matt
12:15 PM	Spin H w/ Robert

## 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

8:30 AM	Spin H w/ Robert
10:30 AM	BodyBlast w/ Jirina
11:15 AM	Zumba w/ Jeannine
11:15 AM	Power Flow Yoga w/ Jeff

#### Sunday, Jan 1

9:30 AM	Spin H w/ George
10:00 AM	Yoga w/ Laurie
10:30 AM	Power Xtreme w/ George

#### Monday, Jan 2

9:15 AM	Power Flow Yoga w/ Jeff
9:30 AM	Zumba w/ Jeannine
12:00 PM	Strong Flow Yoga w/ Laurie
12:00 PM	Kettlebells w/ Matt
12:15 PM	Spin H w/ Robert

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