

Holiday Weekend Hours

Murray Hill, NYC

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/ John
10:00 AM Pump&Jump w/ Marsha
11:15 AM Yoga w/ Alexander

Sunday, Dec 25

No Group Fitness Classes

Monday, Dec 26

9:30 AM Cardio Sculpt w/ Vanita
12:00 PM Abs, Back, & Butt w/ Vanita
4:00 PM Old School Workout w/ Gloria
5:30 PM Abs, Back, & Butt w/ Blake

New Year's Holiday

Saturday, Dec 31 7:00 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 w/ John
10:00 AM Pump & Jump w/ Marsha
10:45 AM Kick It w/ Marsha
11:15 AM Yoga w/ Alexander
11:30 AM Abs30 w/ Marsha
12:00 PM Zumba w/ Andres

Sunday, Jan 1

No Group Fitness Classes

Monday, Jan 2

9:30 AM Cardio Sculpt w/ Vanita
12:00 PM Abs, Back, & Butt w/ Vanita
4:00 PM Old School Workout w/ Gloria
5:30 PM Abs, Back, & Butt w/ Blake

