


StuyFitness on 20th - 2019 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM Spin Ashley	6:15 AM Sunrise Yoga Dorie	6:00 AM Spin Ashley	6:15 AM Training & Conditioning Laszlo	6:15 AM Cardio Sculpt Michael	8:00 AM Spin Nicole	9:15 AM Vinyasa Yoga Mistral
6:15 AM Body Sculpt Circuit Laszlo	7:00 AM Spin Ashley	6:15 AM Cardio Box Don	6:30 AM Sunrise Yoga Jena	6:15 AM Spin Ashley		10:15 AM Pilates Rachel
7:15 AM Band Burn Fredy		9:00 AM Cardio Box Laszlo			9:15 AM Trianing & Conditioning Fredy	10:30 AM Spin Ashley
11:00 AM Forever Young 1 Yorddy	11:30 AM Vinyasa Yoga Susan	11:30 AM Power Floor Luis	11:00 AM Forever Young 1 Yorddy	11:30 AM Body Sculpt Luis	9:15 AM Yoga Abby	
11:30 AM Forever Young 2 Yorddy	12:30 PM Body Sculpt Luis	11:30 AM Barefoot Conditioning Danielle	11:30 AM Forever Young 2 Yorddy	12:00 PM Yoga Fusion	10:15 AM Spin Billy	
12:30 PM Vinyasa Yoga Liz			12:30 PM Vinyasa Yoga Liz		10:30 AM Core Fusion Abby	4:30 PM Spin Tovit
12:30 PM Spin Billy			12:30 PM Carido Strength Circuit Fredy		11:30 AM POUND© Nicole	5:30 PM Gentle Yoga Jena
6:15 PM Zumba Karina	6:30 PM Pilates Rachel	6:30 PM Zumba Karina	6:30 PM Carido Strength Circuit Efren			
6:30 PM Vinyasa Yoga Reem	6:30 PM Spin Tovit	6:30 PM Vinyasa Yoga Liz	6:30 PM Pilates Rachel			
6:45 PM Spin Erick	7:15 PM Cardio Box Don	7:15 PM POUND© Nicole	7:30 PM Spin Efren			
7:15 PM Body Sculpt Circuit Laszlo		8:15 PM Spin & Sculpt Erick				
7:45 PM Spin Erick					 = Class at Oval Studio (12 Stuyvesant Oval)	