

StuyFitness Fall 2018 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM Spin	6:15 AM Sunrise Yoga	6:00 AM Spin	6:15 AM Training & Conditioning	6:15 AM Cardio Sculpt	8:00 AM Spin	
6:15 AM Body Sculpt Circuit	6:15 AM Ab Attack	6:15 AM Cardio Box	6:15 AM Cardio Sculpt	6:30 AM Ab Attack	8:30 AM Power Pump	
7:15 AM F.M.B.	7:00 AM Spin	8:00 AM CorMax Torpedo®	6:30 AM Sunrise Yoga		9:00 AM Total Body Boot Camp	9:15 AM Vinyasa Yoga
8:00 AM Band Burn		9:00 AM Body Sculpt Circuit			9:15 AM MELT Method 30	9:15 AM F.M.B.
9:00 AM Total Body Conditioning		9:00 AM Sculpt & Stretch		9:00 AM Pilates	9:15 AM Trianing & Conditioning	10:15 AM Pilates
11:00 AM Mindful Meditation					9:15 AM Fight Fit	10:30 AM Spin
11:00 AM Forever Young 1	11:00 AM Forever Young 1	11:00 AM Tai-Chi	11:00 AM Forever Young 1		9:15 AM Yoga	11:00 AM Training & Conditioning
11:30 AM Synergy Circuit	11:15 AM Suspension Tone & Flex	11:30 AM Power Floor	11:30 AM Forever Young 2	11:30 AM Body Sculpt	10:15 AM Spin	12:00 PM Zumba
11:30 AM Forever Young 2	11:30 AM Vinyasa Yoga	11:30 AM Barefoot Conditioning	11:30 AM Tabata	12:00 PM Yoga Fusion	10:30 AM Pilates Fusion	
12:15 PM Mat Pilates	11:30 AM Forever Young 2	12:00 PM Ab Attack	12:15 PM Barre	12:30 PM Core Fusion	11:30 AM POUND©	
12:30 PM Vinyasa Yoga	12:30 PM Body Sculpt		12:30 PM Vinyasa Yoga		11:30 AM CorMax Torpedo	
12:30 PM Spin			12:30 PM Carido Strength Circuit			4:30 PM Spin
						5:30 PM Gentle Yoga
6:15 PM Zumba	6:15 PM Cardio Barre	6:30 PM Zumba	6:15 PM Carido Strength Circuit			
6:30 PM Vinyasa Yoga	6:30 PM Pilates	6:30 PM Vinyasa Yoga	6:30 PM Hip-Hop Aerobics			
6:45 PM Fight Fit	6:30 PM Spin	6:30 PM Suspension Tone & Flex	6:30 PM Pilates			
7:15 PM Spin	7:00 PM Synergy Circuit	7:15 PM CorMax Torpedo®	7:30 PM Spin			
7:45 PM Body Sculpt Circuit	7:15 PM Cardio Box	7:15 PM POUND©				
7:15 PM Power Pump	7:15 PM POUND	8:15 PM Spin & Sculpt				
8:00 PM MELT Method						
8:15 PM Spin						

Key:

- * = Class @ Oval Studio
- * = Class @ Fitness Playground
- * = Class @ Oval Fitness / Fitness 20
- = Class @ Fitness 14