



GROUP EXERCISE SCHEDULE

EFFECTIVE JANUARY 8TH

M	T	W	TH	F	SAT	SUN
BARRE* (45) ERIN 7:00AM Y	SPIN* (45) HEATHER 6:30AM SP	BARRE* (45) ERIN 6:30AM Y	SPIN* (45) L.R. 7:00AM SP	SPIN* (45) KATE C. 7:00AM SP	SPIN* (45) MONIKA 9:00AM SP	BARRE* (45) ERIN 9:00AM Y
BOXING BASICS* (45) JACKIE 7:00AM B	INTENSE MET-CON (45) DECLAN 7:00AM BB	SPIN* (45) CARLOS 7:00AM SP	INTENSE MET-CON (45) DECLAN 7:00AM BB	VINYASA YOGA (60) JADE 7:00AM Y	BARRE* (45) DANIELLE 9:00AM Y	SPIN* (45) SHAYNE 9:00AM SP
PILATES (45) KAREN 9:30AM M	TREADSWEAT* (45) LISA 9:30AM F	TOTAL BODY COND. (45) KAREN 9:30AM M	BARRE BOOTCAMP* (45) JESSICA 12:15PM Y	PILATES (45) DANIELLE 9:30AM Y	SPIN* (60) CARLOS 10:00AM SP	SPIN* (45) MONIKA 10:00AM SP
BODY & BOXING (45) JACKIE 12:15PM M	SPORTS CONDITIONING (45) SEAN 12:15PM M	SPIN* (45) CARLOS 12:15PM SP	VINYASA YOGA (60) APRIL E 1:00PM Y	INTENSE MET-CON (45) DECLAN 12:15PM BB	BOXING BASICS* (45) JACKIE 10:00AM M	VINYASA YOGA (75) APRIL E 10:00AM Y
HARDCORE (30) SHAYNE 6:00PM M	VINYASA YOGA (60) JADE 1:00PM Y	PILATES (45) KAREN 1:15PM Y	PILATES (45) TAYLOR 6:30PM Y	VINYASA YOGA (60) KATE 6:30PM Y	VINYASA YOGA (60) JUAN 10:00AM Y	SPORTS CONDITIONING (45) SHAYNE 10:15AM M
DANCE! (45) SHAYNE 6:30PM M	ABS, BUTT & THIGHS (30) GRACE 6:00PM M	HARDCORE (30) TOM 6:30PM M	AXLE FULL BODY* (50) LAUREN 6:30PM M		POWER SCULPT (45) FABIAN 11:15AM M	PILATES (60) AMY 11:15AM Y
SPIN* (45) CARLOS 6:30PM SP	BARRE BOOTCAMP* (45) JESSICA 6:15PM Y	POWER SCULPT (45) TOM 7:00PM M	SPIN* (45) SHAYNE 7:00PM SP		PILATES (60) DANIELLE 11:15AM Y	VINYASA YOGA (60) APRIL E 6:00PM Y
BARRE* (45) DANIELLE 6:30PM Y	ROPE BURN* (30) KWAME "Q" 6:30PM M	SPIN* (45) LISA 7:00PM SP	BARRE* (45) AMY 7:15PM Y		BOXING* (45) JACKIE 12:00PM B	
STRENGTH CIRCUIT (45) SHAYNE 7:15PM M	SPIN* (45) MONIKA 6:30PM SP	VINYASA YOGA (60) SHAYNE 7:00PM Y	AXLE CORE* (30) KIMBERLY 7:30PM M		TRX* (45) FABIAN 12:15PM BB	
PILATES (60) DANIELLE 7:15PM Y	TRX* (45) GRACE 6:45PM BB	ADVANCED BOXING* (45) GERRY 7:30PM B	BOXING* (45) KWAME "Q" 7:30PM B		ZUMBA (60) JOSIP 12:15PM M	
SPIN* (45) CARLOS 7:30PM SP	BOXING BASICS* (45) KWAME "Q" 7:15PM B	ZUMBARRE (60) ADAM 8:00PM M	CARDIO DANCE (60) JOSIP 8:00PM M		YOGA FUNDAMENTALS (60) AMRIT 12:15PM Y	
MUAY THAI* (60) GERRY 8:00PM M	SPORTS CONDITIONING (45) JESSICA 7:15PM M	PILATES (60) TAYLOR 8:00PM Y	STRETCH & RELAX (45) AMY 8:00PM Y			
VINYASA YOGA (60) JADE 8:15PM Y	VINYASA YOGA (75) AMRIT 7:00PM Y					
	SPIN* (45) MONIKA 7:30PM SP					
	ZUMBA (60) JOSIP 8:00PM M					
	BOXING* (45) KWAME "Q" 8:00PM B					

CLUB HOURS

MONDAY	5:30AM - 11:00PM
TUESDAY	5:30AM - 11:00PM
WEDNESDAY	5:30AM - 11:00PM
THURSDAY	5:30AM - 11:00PM
FRIDAY	5:30AM - 10:00PM
SATURDAY	7:00AM - 9:00PM
SUNDAY	8:00AM - 9:00PM

LEGEND

SP: SPIN STUDIO

Y: YOGA STUDIO

M: MOVEMENT STUDIO

B: BOXING STUDIO

BB: BASKETBALL COURT

F: FITNESS FLOOR

BOLD: DENOTES NEW/CHANGE

*: SIGNUP REQUIRED

(X): CLASS DURATION

FOR COMMENTS & SUGGESTIONS REGARDING GROUP EXERCISE,
PLEASE CONTACT LISA GAUSEPOHL: LISAG@THEMERCEDESCLUB.COM
THEMERCEDESCLUB.COM • 212-265-1111
550 W54TH ST • NEW YORK, NY 10019