



Midtown Schedule

797 8th Avenue ● 4th Floor ● (212) 245.2525

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:30		6:45		6:45			
7:00	7:00		7:00		7:00		
7:30							
8:00						8:00	8:00
8:30							
9:00	9:00		9:00		9:00		
9:30							
10:00		10:00		10:00		10:00	10:00
10:30							
11:00							
11:30	11:30		11:30		11:30		
Noon		Noon		Noon		Noon	Noon
12:30							
1:00						1:00	
1:30	1:30		1:30				
2:00		2:00		2:00			2:00
2:30							
3:00						3:00	
3:30	3:30		3:30		3:30		
4:00		4:00		4:00			4:00
4:30							
5:00						5:00	
5:30	5:30		5:30		5:30		
6:00		6:00		6:00			6:00
6:30	6:30		6:30				
7:00		7:00		7:00		7:00	
7:30	7:30		7:30		7:30		
8:00		8:00		8:00			

Classes are 90 Min
Updated 4/10/2009

Red Classes are for New Students ● Phone Reservation Required
Green Classes are held in Small Studio ● Online Reservation Required