



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 | | | | | | | |
| 9:30 | 9:30 | 9:30 | 9:30 | 9:30 | 9:30 | | |
| 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 | | | | | | | |
| 1:30 | 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

Red Classes are for New Students ● Phone Reservation Required