



Upper West Side

143 West 72nd Street ● (212) 724.7303

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00	6:15		6:15		6:15		
7:00		7:00		7:00		7:00	7:00
7:30							
8:00	8:00		8:00		8:00		
8:30							
9:00		9:00		9:00		9:00	9:00
9:30							
10:00	10:00		10:00		10:00		
10:30							
11:00		11:00		11:00		11:00	11:00
11:30							
Noon	Noon		Noon		Noon		
12:30							
1:00		1:00		1:00		1:00	1:00
1:30							
2:00	2:00		2:00		2:00		
2:30		2:45		2:45			
3:00						3:00	3:00
3:30							
4:00	4:00		4:00		4:00		
4:30		4:30		4:30			
5:00						5:00	5:00
6:00	6:00		6:00		6:00		
6:30		6:30		6:30			
7:00						7:00	7:00
8:00	8:00		8:00		8:00		
8:30		8:30		8:30			
9:30	9:45		9:45				

Classes are 90 Min

Updated 4/10/2009