GROUP EXERCISE SCHEDULE

EFFECTIVE APRIL 5TH - 11TH

M		T		W		TH		F		SAT		SUN	
CYCLE	7:00AM	BARRE	7:00AM	MELT	7:00AM	BARRE	7:00AM	POWER SCULPT	7:00AM	POWER SCULPT	9:15AM	BARRE	9:15AM
(45) CARLOS	C	(45) ERIN	Y	(45) BLAYNE	Y	(45) ERIN	Y	(45) GENIEVE	M	(45) KIMBER	M	(45) BLAYNE	Y
BARRE	9:30AM	INTENSE MET-CON	7:00AM	CYCLE	7:00AM	INTENSE MET-CON	7:00AM	CYCLE	7:00AM	BARRE	9:15AM	TOTAL BODY	10:00AM
(45) ERIN	Y	(45) DECLAN	M	(45) HEATHER	C	(45) DECLAN	M	(45) TRACY	C	(45) ERIN	Y	(45) SHAYNE	M
BODY & BOXING	12:15PM	VINYASA YOGA	1:15PM	PILATES	1:15PM	VINYASA YOGA	1:15PM	PILATES	9:30AM	BARRE	10:15AM	MELT	10:15AM
(45) JACKIE	M	(60) ORI	Y	(45) BLAYNE	Y	(60) ORI	Y	(45) TAYLOR	Y	(45) ERIN	Y	(45) BLAYNE	Y
BODY & BOXING	1:15PM	CYCLE	6:15PM	CYCLE	6:15PM	PILATES	6:15PM	INTENSE MET-CON	12:15PM	CYCLE	10:15AM	PILATES	11:15AM
(45) JACKIE	M	(45) TOM	C	(45) LISA.	C	(45) TAYLOR	Y	(45) DECLAN	M	(45) CARLOS	C	(45) AMY	Y
BARRE	6:15PM	BOOTCAMP	6:30PM	HARDCORE	6:30PM	CYCLE	6:15PM	VINYASA YOGA	6:30PM	POWER SCULPT	10:15AM	CYCLE	11:15AM
(45) TAYLOR	Y	(45) SEAN A	M	(30) TOM	M	(45) HEATHER	C	(60) KATE	Y	(45) KIMBER	M	(45) SHAYNE	C
BOOTCAMP	6:30PM	CYCLE	7:15PM	MAX STRENGTH	7:15PM	BARRE	7:15PM			PILATES	11:15AM	STRETCH & RELAX	12:15PM
(45) SEAN	M	(45) TOM	C	(45) TOM	M	(45) TAYLOR	Y			(45) ERIN	Y	(45) AMY	Y
PILATES	7:15PM	YIN YOGA	7:15PM	VINYASA YOGA	7:00PM					CYCLE	11:15AM	TOTAL BODY	12:15PM
(45) TAYLOR	Y	(60) DERRIC	Y	(60) OLGU	Y					(45) CARLOS	C	(45) SHAYNE	M
				CYCLE	7:15PM					VINYASA YOGA	12:15PM		
				(45) LISA.	C					(60) SHAYNE	Y		

PLEASE NOTE THE FOLLOWING:

- SPACE IS LIMITED TO 33% STUDIO CAPACITY.
- ALL CLASSES REQUIRE ADVANCE SIGN-UP REGISTRATION.
- SIGN-UP BEGINS 48 HOURS PRIOR TO THE START OF THE CLASS VIA OLS.
  - *PLEASE BE ON TIME FOR CLASS. EMPTY CLASS SPOTS ARE GIVEN AWAY TO MEMBERS ON THE WAIT-LIST AT THE START OF CLASS.*
  - *EMPTY CYCLE BIKES ARE GIVEN AWAY 5 MINUTES PRIOR TO CLASS START TIME.*
  - *BOXING GLOVES WILL NOT BE PROVIDED. MEMBERS MUST BRING THEIR OWN.*
  - *ALL CLASS PARTICIPANTS MUST WEAR A MASK COVERING THEIR NOSE AND MOUTH AT ALL TIMES.*
- MEMBERS MUST WIPE DOWN THE EQUIPMENT THEY USE AFTER EACH CLASS.

CLUB HOURS

MONDAY	6:00AM - 9:00PM
TUESDAY	6:00AM - 9:00PM
WEDNESDAY	6:00AM - 9:00PM
THURSDAY	6:00AM - 9:00PM
FRIDAY	6:00AM - 9:00PM
SATURDAY	8:00AM - 8:00PM
SUNDAY	8:00AM - 8:00PM

LEGEND

C: CYCLE STUDIO

Y: YOGA STUDIO

M: MOVEMENT STUDIO

MERCEDES CLUB

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

GROUP EXERCISE SCHEDULE

EFFECTIVE APRIL 12TH - 18TH

M		T		W		TH		F		SAT		SUN	
CYCLE	7:00AM	BARRE	7:00AM	MELT	7:00AM	BARRE	7:00AM	POWER SCULPT	7:00AM	POWER SCULPT	9:15AM	BARRE	9:15AM
(45) CARLOS	C	(45) ERIN	Y	(45) BLAYNE	Y	(45) ERIN	Y	(45) GENIEVE	M	(45) TOM	M	(45) BLAYNE	Y
BARRE	9:30AM	INTENSE MET-CON	7:00AM	CYCLE	7:00AM	INTENSE MET-CON	7:00AM	CYCLE	7:00AM	BARRE	9:15AM	TOTAL BODY	10:00AM
(45) ERIN	Y	(45) DECLAN	M	(45) HEATHER	C	(45) DECLAN	M	(45) TRACY	C	(45) ERIN	Y	(45) SHAYNE	M
BODY & BOXING	12:15PM	VINYASA YOGA	1:15PM	PILATES	1:15PM	VINYASA YOGA	1:15PM	PILATES	9:30AM	BARRE	10:15AM	MELT	10:15AM
(45) JACKIE	M	(60) DERRIC	Y	(45) BLAYNE	Y	(60) ORI	Y	(45) DANELLE	Y	(45) ERIN	Y	(45) BLAYNE	Y
BODY & BOXING	1:15PM	CYCLE	6:15PM	CYCLE	6:15PM	PILATES	6:15PM	INTENSE MET-CON	12:15PM	CYCLE	10:15AM	PILATES	11:15AM
(45) JACKIE	M	(45) TOM	C	(45) LISA.	C	(45) BLAYNE	Y	(45) DECLAN	M	(45) HEATHER	C	(45) AMY	Y
BARRE	6:15PM	BOOTCAMP	6:30PM	HARDCORE	6:30PM	CYCLE	6:15PM	VINYASA YOGA	6:30PM	POWER SCULPT	10:15AM	CYCLE	11:15AM
(45) DANELLE	Y	(45) SEAN A	M	(30) TOM	M	(45) HEATHER	C	(60) KATE	Y	(45) TOM	M	(45) SHAYNE	C
PILATES	7:15PM	CYCLE	7:15PM	MAX STRENGTH	7:15PM	BOXING	6:30PM			PILATES	11:15AM	STRETCH & RELAX	12:15PM
(45) DANELLE	Y	(45) TOM	C	(45) TOM	M	(45) KWAME "Q"	M			(45) ERIN	Y	(45) AMY	Y
		YIN YOGA	7:15PM	VINYASA YOGA	7:00PM	BARRE	7:15PM			CYCLE	11:15AM	TOTAL BODY	12:15PM
		(60) DERRIC	Y	(60) OLGU	Y	(45) SAMANTHA	Y			(45) HEATHER	C	(45) SHAYNE	M
		BOXING	7:30PM	CYCLE	7:15PM	BOXING	7:30PM			VINYASA YOGA	12:15PM		
		(45) KWAME "Q"	M	(45) LISA.	C	(45) KWAME "Q"	M			(60) SHAYNE	Y		

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