



GROUP EXERCISE SCHEDULE

EFFECTIVE MAY 3RD - MAY 9TH

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

MERCEDES CLUB

FOR COMMENTS & SUGGESTIONS REGARDING GROUP EXERCISE
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