



GROUP EXERCISE SCHEDULE

EFFECTIVE MARCH 11TH - MARCH 17TH

M

T

W

TH

F

SAT

SUN

CYCLE* (45) SHAYNE	7:00AM C	BARRE* (45) ERIN	7:00AM Y	CYCLE (45) BRIAN	7:00AM C	BARRE* (45) ERIN	7:00AM Y	PILATES (45) ERIN	7:30AM Y	TRX* (45) KIMBER	9:15AM BB	BARRE* (45) BLAYNE	9:15AM Y
BARRE BOOTCAMP* (45) JESSICA	12:15PM Y	INTENSE METCON (45) DECLAN	7:00AM BB	MELT (45) BLAYNE	12:15PM Y	INTENSE METCON (45) DECLAN	7:00AM BB	INTENSE METCON (45) DECLAN	12:15PM BB	BOXING* (45) JUSTIN	10:00AM B	CYCLE* (45) SHAYNE	9:15AM C
PILATES (45) ERIN	1:15PM Y	TREADSWEAT* (50) LISA	12:00PM FF	PILATES (45) BLAYNE	1:15PM Y	BOXING* (45) JUSTIN	12:00PM B	BARRE BOOTCAMP* (45) JESSICA	1:15PM Y	CYCLE* (45) SHAYNE	10:15AM C	TOTAL BODY (45) SHAYNE	10:15AM M
HARDCORE (30) SEAN B.	6:00PM M	VINYASA YOGA (60) LESLEY	1:30PM Y	CYCLE* (45) LISA	6:15PM C	VINYASA YOGA (60) JAMES	1:15PM Y	VINYASA YOGA (60) SHAYNE	6:30PM Y	BARRE* (45) ERIN	10:15AM Y	BOXING* (45) ERICK	10:15AM B
BARRE* (45) TAYLOR	6:15PM Y	PILATES (45) KIMBER	6:15PM Y	BARRE BOOTCAMP* (45) JESSICA	6:15PM Y	CYCLE* (45) BRIAN	6:15PM C			BOXING* (45) JUSTIN	11:00AM B	MELT (45) BLAYNE	10:15AM Y
TOTAL BODY (45) SEAN B.	6:30PM M	CYCLE* (45) SHAYNE	6:15PM C	POWER SCULPT (45) JESSICA	7:15PM M	DANCE! (60) SHAYNE	6:15PM M			PILATES (45) ERIN	11:15AM Y	DANCE! (60) SHAYNE	11:15AM M
PILATES (45) TAYLOR	7:15PM Y	POWER SCULPT (45) JESSICA	6:30PM M	YIN YOGA (60) DERRIC	7:15PM Y	PILATES (45) TAYLOR	6:15PM Y			TOTAL BODY (45) SHAYNE	11:15AM M	PILATES (45) AMY	11:15AM Y
POWER SCULPT (45) JESSICA	7:30PM M	VINYASA YOGA (60) SHAYNE	7:15PM Y	BOXING* (45) ERICK	7:30PM B	TOTAL BODY (45) JEANETTE E.	7:15PM M					STRETCH & RELAX (45) AMY	12:15PM Y
BOXING* (45) ERICK	7:30PM B	BOXING* (45) ERICK	7:30PM B			BARRE* (45) TAYLOR	7:15PM Y					VINYASA YOGA (60) JAMES	6:00PM Y
VINYASA YOGA (60) APRIL	8:15PM Y					STRETCH & RELAX (45) AMY	8:15PM Y						

PLEASE NOTE THE FOLLOWING:

- SIGN UP REQUIRED FOR BARRE, BOXING, CYCLE, TREADSWEAT, AND TRX.
ALL OTHER CLASSES ARE FIRST-COME, FIRST-SERVED.
- 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.
- MEMBERS MUST WIPE DOWN THE EQUIPMENT THEY USE AFTER EACH CLASS.

CLUB HOURS

MONDAY	5:30AM - 10:00PM
TUESDAY	5:30AM - 10:00PM
WEDNESDAY	5:30AM - 10:00PM
THURSDAY	5:30AM - 10:00PM
FRIDAY	5:30AM - 9:00PM
SATURDAY	8:00AM - 8:00PM
SUNDAY	8:00AM - 8:00PM

LEGEND

- C: CYCLE STUDIO
- Y: YOGA STUDIO
- M: MOVEMENT STUDIO
- NT: NORTH TERRACE
- PT: POOL TERRACE
- B: BOXING STUDIO
- BB: BASKETBALL COURT
- FF: FITNESS FLOOR
- RED:** INSTRUCTOR SUB
- BLUE:** OUTDOOR CLASS
- *: DENOTES CLASS SIGN UP REQUIRED

MERCEDES CLUB

FOR COMMENTS & SUGGESTIONS REGARDING GROUP EXERCISE

PLEASE CONTACT LISA GAUSEPOHL: LISAG@THEMERCEDESCUB.COM

THEMERCEDESCUB.COM • 212-265-1111

550 W54TH ST • NEW YORK, NY 10019