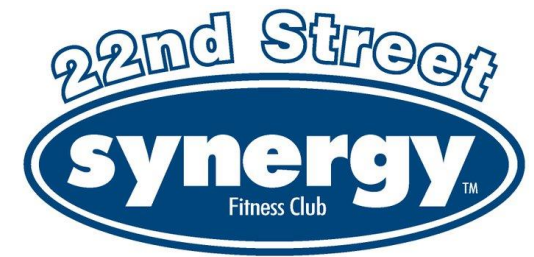


321 East 22nd Street
 Between 1st & 2nd Avenue
 New York, NY 10010
 212-679-7300
 www.22ndstreetsynergyfitness.com



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
NEW INSTRUCTOR FOR BODY BURN ON SATURDAY FOR AUGUST!			1 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM <i>with Shanna</i>	2 HARDBODY 7:30 PM – 8:30 PM <i>with Bao</i>	3	4 BODYBURN 9:30 AM – 10:30 AM <i>With Ingrid</i> VINYASA YOGA 10:30 AM – 11:30 AM <i>with Shanna</i>	
	5	6 MAYHEM/ABS 7:30 PM – 8:30 PM <i>with Carlito</i>	7 PILATES 6:30 PM – 7:30 PM <i>with Jessy</i> BOOTCAMP/ABS 7:30 PM – 8:30 PM <i>with Emily</i>	8 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM <i>with Shanna</i>	9 HARDBODY 7:30 PM – 8:30 PM <i>with Bao</i>	10	11 BODYBURN 9:30 AM – 10:30 AM <i>With Ingrid</i> VINYASA YOGA 10:30 AM – 11:30 AM <i>with Shanna</i>
	12	13 MAYHEM/ABS 7:30 PM – 8:30 PM <i>with Carlito</i>	14 PILATES 6:30 PM – 7:30 PM <i>with Jessy</i> BOOTCAMP/ABS 7:30 PM – 8:30 PM <i>With Emily</i>	15 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM <i>with Shanna</i>	16 HARDBODY 7:30 PM – 8:30 PM <i>with Bao</i>	17	18 BODYBURN 9:30 AM – 10:30 AM <i>With Ingrid</i> VINYASA YOGA 10:30 AM – 11:30 AM <i>with Shanna</i>
	19	20 MAYHEM/ABS 7:30 PM – 8:30 PM <i>with Carlito</i>	21 PILATES 6:30 PM – 7:30 PM <i>With Jessy</i> BOOTCAMP/ABS 7:30 PM – 8:30 PM <i>with Emily</i>	22 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM <i>with Shanna</i>	23 HARDBODY 7:30 PM – 8:30 PM <i>with Bao</i>	24	25 BODYBURN 9:30 AM – 10:30 AM <i>With Ingrid</i> VINYASA YOGA 10:30 AM – 11:30 AM <i>with Shanna</i>
	26	27 MAYHEM/ABS 7:30 PM – 8:30 PM <i>with Carlito</i>	28 PILATES 6:30 PM – 7:30 PM <i>With Jessy</i> BOOTCAMP/ABS 7:30 PM – 8:30 PM <i>with Emily</i>	29 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM <i>with Shanna</i>	30 Group Fitness Classes Cancelled for Labor Day Weekend!	31	



24 HOURS STARTING MONDAY 5:00 AM – FRIDAY 11:00 PM
 SATURDAY & SUNDAY 8:00 AM – 8:00 PM

EFFECTIVE AUGUST 1ST 2018