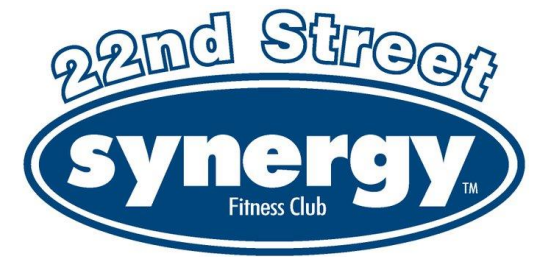


321 East 22nd Street
 Between 1st & 2nd Avenue
 New York, NY 10010
 212-679-7300
 www.22ndstreetsynergyfitness.com



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HAPPY NEW YEAR! 2018	1 New Years Day! Club Hours 10:00 AM – 5:00 PM	2 <u>PILATES IS BACK 1/9</u> BOOTCAMP/ABS 7:30 PM – 8:30 PM with Emily	3 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna	4 HARDBODY 7:30 PM – 8:30 PM with Bao	5	6 <u>BODYBURN IS BACK!</u> 9:30 PM – 10:30 PM With Shannon VINYASA YOGA 10:30 AM – 11:30 AM with Shanna
7	8 KICKFIT 6:30 PM – 7:30 PM with Hector MAYHEM/ABS 7:30 PM – 8:30 PM with Carlito	9 PILATES 6:30 PM – 7:30 PM with Taylor BOOTCAMP/ABS 7:30 PM – 8:30 PM with Emily	10 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna	11 HARDBODY 7:30 PM – 8:30 PM with Bao	12	13 <u>BODYBURN IS BACK!</u> 9:30 PM – 10:30 PM With Shannon VINYASA YOGA 10:30 AM – 11:30 AM with Shanna
14	15 KICKFIT 6:30 PM – 7:30 PM with Hector MAYHEM/ABS 7:30 PM – 8:30 PM with Carlito	16 PILATES 6:30 PM – 7:30 PM with Taylor BOOTCAMP/ABS 7:30 PM – 8:30 PM with Emily	17 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna	18 HARDBODY 7:30 PM – 8:30 PM with Bao	19	20 <u>BODYBURN IS BACK!</u> 9:30 PM – 10:30 PM With Shannon VINYASA YOGA 10:30 AM – 11:30 AM with Shanna
21	22 KICKFIT 6:30 PM – 7:30 PM with Hector MAYHEM/ABS 7:30 PM – 8:30 PM with Carlito	23 PILATES 6:30 PM – 7:30 PM with Taylor BOOTCAMP/ABS 7:30 PM – 8:30 PM with Emily	24 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna	25 HARDBODY 7:30 PM – 8:30 PM with Bao	26	27 <u>BODYBURN IS BACK!</u> 9:30 PM – 10:30 PM With Shannon VINYASA YOGA 10:30 AM – 11:30 AM with Shanna
28	29 KICKFIT 6:30 PM – 7:30 PM with Hector MAYHEM/ABS 7:30 PM – 8:30 PM with Carlito	30 PILATES 6:30 PM – 7:30 PM with Taylor BOOTCAMP/ABS 7:30 PM – 8:30 PM with Emily	31 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna			2018



EFFECTIVE JANUARY 1ST 2018

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