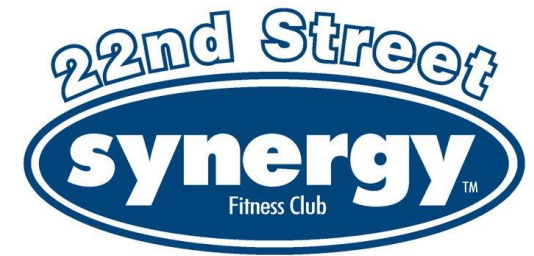






321 East 22nd Street
 Between 1st & 2nd Avenue
 New York, NY 10010
 212-679-7300

www.22ndstreetsynergyfitness.com



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 BOXING 6:30 PM – 7:30 PM with Hector MAYHEM with Carlito 7:30 PM – 8:00 PM ABS with Carlito 8:00 PM – 8:30 PM	3 PILATES 6:30 PM – 7:30 PM with Jessy BOOTCAMP with Brent 7:30 PM – 8:00 PM ABS with Brent 8:00 PM – 8:30 PM	4 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna	5 HARDBODY 7:30 PM – 8:30 PM with Bao	6	7 BODYBURN 9:30 AM – 10:30 AM with Shannon VINYASA YOGA 10:30 AM – 11:30 AM with Shanna
8	9 BOXING 6:30 PM – 7:30 PM with Hector MAYHEM with Carlito 7:30 PM – 8:00 PM ABS with Carlito 8:00 PM – 8:30 PM	10 PILATES 6:30 PM – 7:30 PM with Jessy BOOTCAMP with Brent 7:30 PM – 8:00 PM ABS with Brent 8:00 PM – 8:30 PM	11 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna	12 HARDBODY 7:30 PM – 8:30 PM with Bao	13	14 BODYBURN 9:30 AM – 10:30 AM with Shannon VINYASA YOGA 10:30 AM – 11:30 AM with Shanna
15	16 BOXING 6:30 PM – 7:30 PM with Hector MAYHEM with Carlito 7:30 PM – 8:00 PM ABS with Carlito 8:00 PM – 8:30 PM	17 PILATES 6:30 PM – 7:30 PM with Jessy BOOTCAMP with Brent 7:30 PM – 8:00 PM ABS with Brent 8:00 PM – 8:30 PM	18 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna	19 HARDBODY 7:30 PM – 8:30 PM with Bao	20	21 BODYBURN 9:30 AM – 10:30 AM with Shannon VINYASA YOGA 10:30 AM – 11:30 AM with Shanna
22	23 BOXING 6:30 PM – 7:30 PM with Hector MAYHEM with Carlito 7:30 PM – 8:00 PM ABS with Carlito 8:00 PM – 8:30 PM	24 PILATES 6:30 PM – 7:30 PM with Jessy BOOTCAMP with Brent 7:30 PM – 8:00 PM ABS with Brent 8:00 PM – 8:30 PM	25 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna	26 HARDBODY 7:30 PM – 8:30 PM with Bao	27	28 BODYBURN 9:30 AM – 10:30 AM with Shannon VINYASA YOGA 10:30 AM – 11:30 AM with Shanna
29 	30 BOXING 6:30 PM – 7:30 PM with Hector MAYHEM with Carlito 7:30 PM – 8:00 PM ABS with Carlito 8:00 PM – 8:30 PM	31 PILATES 6:30 PM – 7:30 PM with Jessy BOOTCAMP with Brent 7:30 PM – 8:00 PM ABS with Brent 8:00 PM – 8:30 PM	HAPPY HALLOWEEN! 			

EFFECTIVE OCTOBER 1ST 2017

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