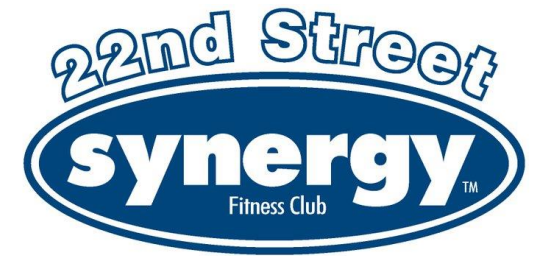


321 East 22nd Street
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 New York, NY 10010
 212-679-7300

www.22ndstreetsynergyfitness.com



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* NEW INSTRUCTOR * PILATES DEMO TUESDAY 9/11 AT 6:30 PM						1 CLASSES CANCELLED FOR LABOR DAY WEEKEND
2	3 LABOR DAY HOURS 8:00 AM – 1:00 PM	4 GROUP FITNESS CLASSES CANCELLED	5 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM <i>with Shanna</i>	6 HARDBODY 7:30 PM – 8:30 PM <i>with Bao</i>	7	8 BODYBURN 9:30 AM – 10:30 AM <i>With Shannon</i> VINYASA YOGA 10:30 AM – 11:30 AM <i>with Shanna</i>
9	10 MAYHEM/ABS 7:30 PM – 8:30 PM <i>With Ingrid</i>	11 PILATES DEMO 6:30 PM – 7:30 PM <i>With Alexandra</i> BOOTCAMP/ABS 7:30 PM – 8:30 PM <i>with Emily</i>	12 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM <i>with Shanna</i>	13 HARDBODY 7:30 PM – 8:30 PM <i>with Bao</i>	14	15 BODYBURN 9:30 AM – 10:30 AM <i>With Shannon</i> VINYASA YOGA 10:30 AM – 11:30 AM <i>with Shanna</i>
16	17 MAYHEM/ABS 7:30 PM – 8:30 PM <i>with Ingrid</i>	18 PILATES 6:30 PM – 7:30 PM TBA BOOTCAMP/ABS 7:30 PM – 8:30 PM <i>with Emily</i>	19 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM <i>with Shanna</i>	20 HARDBODY 7:30 PM – 8:30 PM <i>with Bao</i>	21	22 BODYBURN 9:30 AM – 10:30 AM <i>With Shannon</i> VINYASA YOGA 10:30 AM – 11:30 AM <i>with Shanna</i>
23 ----- 30	24 MAYHEM/ABS 7:30 PM – 8:30 PM <i>with Carlito</i>	25 PILATES 6:30 PM – 7:30 PM TBA BOOTCAMP/ABS 7:30 PM – 8:30 PM <i>with Emily</i>	26 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM <i>with Shanna</i>	27 HARDBODY 7:30 PM – 8:30 PM <i>with Bao</i>	28	29 BODYBURN 9:30 AM – 10:30 AM <i>With Shannon</i> VINYASA YOGA 10:30 AM – 11:30 AM <i>with Shanna</i>



EFFECTIVE SEPTEMBER 1ST 2018

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