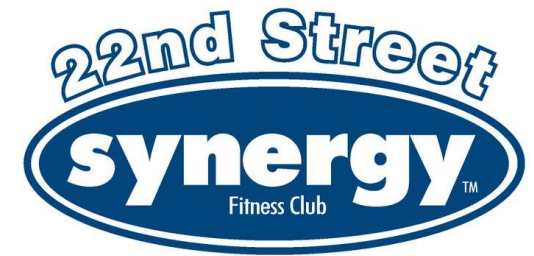



321 East 22nd Street
 Between 1st & 2nd Avenue
 New York, NY 10010
 212-679-7300

www.22ndstreetsynergyfitness.com



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|--------|--|
| HAPPY HOLIDAYS TO ALL! | | | | | 1 | 2 BODYBURN HOLIDAY HIBERNATION BACK 1/6/18 VINYASA YOGA 10:30 AM – 11:30 AM with Shanna |
| 3 | 4 * NEW CLASS * *** KICKFIT *** 6:30 PM – 7:30 PM with Hector MAYHEM/ABS with Carlito 7:30 PM – 8:30 PM | 5 PILATES HOLIDAY HIBERNATION BACK 1/9/18 * NEW INSTRUCTOR * BOOTCAMP/ABS with Emily 7:30 PM – 8:30 PM | 6 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna | 7 HARDBODY 7:30 PM – 8:30 PM with Bao | 8 | 9 BODYBURN HOLIDAY HIBERNATION BACK 1/6/18 VINYASA YOGA 10:30 AM – 11:30 AM with Shanna |
| 10 | 11 * NEW CLASS * *** KICKFIT *** 6:30 PM – 7:30 PM with Hector MAYHEM/ABS with Carlito 7:30 PM – 8:30 PM | 12 PILATES HOLIDAY HIBERNATION BACK 1/9/18 * NEW INSTRUCTOR * BOOTCAMP/ABS with Emily 7:30 PM – 8:30 PM  | 13 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna | 14 HARDBODY 7:30 PM – 8:30 PM with Bao | 15 | 16 BODYBURN HOLIDAY HIBERNATION BACK 1/6/18 VINYASA YOGA 10:30 AM – 11:30 AM with Shanna |
| 17 | 18 * NEW CLASS * *** KICKFIT *** 6:30 PM – 7:30 PM with Hector MAYHEM/ABS with Carlito 7:30 PM – 8:30 PM | 19 PILATES HOLIDAY HIBERNATION BACK 1/9/18 * NEW INSTRUCTOR * BOOTCAMP/ABS with Emily 7:30 PM – 8:30 PM | 20 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna | 21 GROUP FITNESS CLASSES CANCELLED 12/21 – 1/1/18 GROUP FITNESS CLASSES RESUME 1/2/18 | 22 | 23 |
| 24 CHRISTMAS EVE 8:00 AM – 5:00 PM ----- 31 NEW YEARS EVE 8:00 AM – 5:00 PM  | 25 CHRISTMAS DAY WE ARE CLOSED  | 26 WE WILL RE-OPEN AT 7:00 AM | 27 | 28 | 29 | 30  |

EFFECTIVE DECEMBER 1ST 2017

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