



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 Group Fitness Classes Cancelled Happy July 4 th Weekend!
2	3 Group Fitness Classes Cancelled Happy July 4 th Weekend!	4 Club Closes at 1:00 PM Happy July 4 th 	5 Club Re-opens at 5:00 AM CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna	6 HARDBODY 7:30 PM – 8:30 PM with Bao	7	8 BODYBURN 9:30 AM – 10:30 AM with Shannon VINYASA YOGA 10:30 AM – 11:30 AM with Shanna
9	10 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	11 PILATES 6:30 PM – 7:30 PM with Jessy *** NEW INSTRUCTOR *** BOOTCAMP with Brent 7:30 PM – 8:00 PM ABS with Brent 8:00 PM – 8:30 PM	12 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna	13 HARDBODY 7:30 PM – 8:30 PM with Bao	14	15 BODYBURN 9:30 AM – 10:30 AM with Shannon VINYASA YOGA 10:30 AM – 11:30 AM with Shanna
16	17 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	18 PILATES 6:30 PM – 7:30 PM with Jessy *** NEW INSTRUCTOR *** BOOTCAMP with Brent 7:30 PM – 8:00 PM ABS with Brent 8:00 PM – 8:30 PM	19 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna	20 HARDBODY 7:30 PM – 8:30 PM with Bao	21	22 BODYBURN 9:30 AM – 10:30 AM with Shannon VINYASA YOGA 10:30 AM – 11:30 AM with Shanna
30	31 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	25 PILATES 6:30 PM – 7:30 PM with Jessy *** NEW INSTRUCTOR *** BOOTCAMP with Brent 7:30 PM – 8:00 PM ABS with Brent 8:00 PM – 8:30 PM	26 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna	27 HARDBODY 7:30 PM – 8:30 PM with Bao	28	29



EFFECTIVE JULY 1ST 2017

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