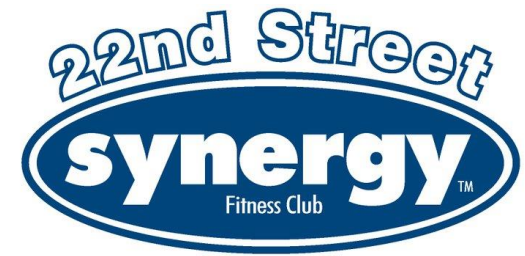


321 East 22nd Street
 Between 1st & 2nd Avenue
 New York, NY 10010
 212-679-7300
 www.22ndstreetsynergyfitness.com



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 HARDBODY 7:30 PM – 8:30 PM with Hector	2	3 BODYBURN 9:30 AM – 10:30 AM With Shannon VINYASA YOGA 10:30 AM – 11:30 AM with Shanna
4	5 MAYHEM/ABS 7:30 PM – 8:30 PM with Carlito	6 PILATES 6:30 PM – 7:30 PM With Alexandra BOOTCAMP/ABS 7:30 PM – 8:30 PM with Emily	7 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna	8 HARDBODY 7:30 PM – 8:30 PM with Hector	9	10 BODYBURN 9:30 AM – 10:30 AM With Shannon VINYASA YOGA 10:30 AM – 11:30 AM with Shanna
11	12 MAYHEM/ABS 7:30 PM – 8:30 PM with Carlito	13 PILATES 6:30 PM – 7:30 PM With Alexandra BOOTCAMP/ABS 7:30 PM – 8:30 PM with Emily	14 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna	15 HARDBODY 7:30 PM – 8:30 PM with Hector	16	17 BODYBURN 9:30 AM – 10:30 AM With Shannon VINYASA YOGA 10:30 AM – 11:30 AM with Shanna
18	19 MAYHEM/ABS 7:30 PM – 8:30 PM with Carlito	20 PILATES 6:30 PM – 7:30 PM With Alexandra	21 GROUP FITNESS CLASSES CANCELLED	22 HAPPY THANKSGIVING! ----- WE CLOSE AT 1:00 PM 	23	24 GROUP FITNESS CLASSES CANCELLED
25  Like us on Facebook	26 MAYHEM/ABS 7:30 PM – 8:30 PM with Carlito	27 PILATES 6:30 PM – 7:30 PM With Alexandra	28 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna	29 HARDBODY 7:30 PM – 8:30 PM with Hector	30	

EFFECTIVE NOVEMBER 1ST 2018

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