

HARDSCRABBLE CLUB

22 Sutton Place Brewster New York 10509 (914)669-9500
GROUP FITNESS EARLY SUMMER SCHEDULE
 Effective May 2, 2016

MONDAY

Time	Class	Studio	Instructor
7:30AM	3,2,1,Fat Blastoff	Lower	Matt
8:30AM	Body Sculpt	Lower	Michael
9:30AM	Pilates (until further notice)	Lower	Kerry
10:30AM	Zumba	Lower	Tina
6:30PM	Body Architect	Lower	Heidi
7:30PM	Yoga	Lower	Lindsay

THURSDAY

Time	Class	Studio	Instructor
8:00AM	Run Camp (45 min)	Main	Matt
8:45AM	Boot Camp (45 min)	Lower	Matt
9:30AM	Tabata	Lower	Matt
10:30AM	Body Sculpt	Lower	Matt
4:30PM	Afternoon Yoga	Lower	Emily G.
5:30PM	Zumba	Lower	Tina

TUESDAY

Time	Class	Studio	Instructor
7:30AM	Tabata	Lower	Sarah
8:15AM	Yoga (45 min)	Lower	Corina
8:45AM	Spinsanity (45 min)	Sky	Heidi
9:30AM	Yoga	Lower	Emily G.
10:30AM	Body Sculpt (45 min)	Lower	Heidi
5:30PM	Yoga	Lower	Emily M.

FRIDAY

Time	Class	Studio	Instructor
7:15AM	Spinsanity (45 min)	Sky	Heidi
8:00AM	Vinyasa Yoga (Power Flow)	Lower	Corina
8:00AM	Circuit Training	Main	Michael
9:00AM	Cardio Conditioning	Lower	Michael
10:00AM	Yoga	Lower	Emily M.

WEDNESDAY

Time	Class	Studio	Instructor
7:30AM	Spinsanity (45 min)	Sky	Allison
9:00AM	Body Architect (45 min)	Lower	Heidi
9:45AM	Ball Class (45 min)	Lower	Heidi
10:30AM	Zumba	Lower	Tina
6:00PM	Cardio Conditioning	Lower	Michael
7:00PM	Yoga	Lower	Lindsay

SATURDAY

Time	Class	Studio	Instructor
8:00AM	Yoga	Lower	Lindsay
9:00AM	Cardio Dance (45 min)	Lower	Paula
9:45AM	Body Architect (45 min)	Lower	Paula

SUNDAY

Time	Class	Studio	Instructor
8:30AM	Boot Camp	Lower	Matt

