

MIDTOWN STUDIO CLASS SCHEDULE

920 3RD AVE 6TH FL [BTW 55TH & 56TH ST] NEW YORK, NEW YORK 10022 P. 212.371.0700

HOURS MON. - FRI. 7 AM - 8:30 PM SAT. 9 AM - 3:00 PM



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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					10:00-11:00am Open Pilates Mat Megan K	
					11:00-12:00 pm Open Mat Stephanie V	
12:00-1:00 pm Open Mat Kate						
* 1:00-2:00 pm Open Pilates Tower Ashley	1:00-2:00 pm Tower Jen V	12:30-1:15 pm Intro to Pilates Mat Megan K	* 1:00-2:00 pm Open Pilates Tower Stephanie I	12:30-1:30 pm Open Pilates Mat Erin		
	1:00-1:30 pm Pilates Express Mat Erin	* 1:00-2:00 pm Open Pilates Tower Anna	1:00-1:30 pm Pilates Express Mat Jen V	* 1:00-2:00 pm Open Pilates Tower Anna	* 1:00-2:00 pm Open Pilates Tower Bianca	
	1:30-2:00 pm Express Yoga Rebecca					
	3:00-4:00 pm Open Pilates Mat Jen V		3:00-4:00 pm And or Butt! Jen V			
5:30-6:15 pm Intro to Pilates Mat Megan K	5:30-6:15 pm Intro to Pilates Mat Courtney C		**5:30-6:30 pm Beginner Semi Private Hour Erin	* 5:30-6:30 pm Intro Tower Class Erin		
* 6:00-7:00 pm Open Pilates Tower Meira	6:00-7:00 pm Open Tower Steven W	6:00-6:45 pm Intro to Pilates Mat Tyler		6:00-7:00 pm Open Pilates Mat Megan K		
6:30-7:30 pm Open Pilates Mat Megan K	6:30-7:30 pm Open Pilates Mat Courtney C	6:30-7:30 pm Open Pilates Mat Judy	6:30-7:30 pm Open Pilates Mat Erin			
**7:00-8:00 pm Beginner Semi Private Hour Meira						

UPDATED 020510