



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**Sept. 6th**  
 8:00am-3:00pm

**Sept. 3rd**  
 5:00am-8:00pm  
**\*Spin H 55** 6:30  
*John N.* SP

**Sept. 4th**  
 8:00am-5:00pm  
**\*Spin H 55** 10:00  
*John N* SP  
**Kick It 45** 10:45  
*Cheetah Wilson* M  
**Absoutely 30** 11:30  
*Cheetah Wilson* M

**Sunday**

**Sept. 5th**  
 8:00am-3:00pm  
**\*Spin H 55** 9:00  
*David* SP  
**Vinyasa Yoga 75** 10:00  
*Charles* MB

**Club Hours:**

Mon- Thurs:	Friday:	Saturday:	Sunday:
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\*Advanced sign-up required. Classes subject to change without notice.

222 East 34th Street, New York, NY 10016  
 All classes free to Club H Fitness members

**Download your own copy of this schedule at [www.clubhfitness.com](http://www.clubhfitness.com)**

Group Fitness Director: Blake Mays  
 Comments: [blake@clubhfitness.com](mailto:blake@clubhfitness.com)