



west 145th

group exercise
holiday schedule

easter 2010

friday 4.02	saturday 4.03	sunday 4.04
group exercise studio		
<p>6:00am bootcamp</p> <p>7:00am abdominals (30 mins)</p> <p>10:30am pilates based mat</p> <p>11:30am hatha yoga</p> <p>1:00pm silversneakers (msrom)</p> <p>2:00pm silversneakers (yoga)</p>	<p>9:30am step</p> <p>10:30am total body conditioning</p> <p>11:30am hatha yoga</p> <p>12:30pm pilates based mat</p> <p>1:30pm abdominals (30 mins)</p>	<p>8:30am hatha yoga</p> <p>9:30am bootcamp</p> <p>10:30 club body circuit</p>
spinning studio		
<p>6:30am*</p> <p>7:30am</p>	<p>9:30am*</p> <p>10:30am*</p>	<p>9:30am</p> <p>10:30am</p> <p>11:30am</p>