

GYM HOURS

Monday: 05:00 am - 11:00 pm
 Tuesday: 05:00 am - 11:00 pm
 Wednesday: 05:00 am - 11:00 pm
 Thursday: 05:00 am - 11:00 pm
 Friday: 05:00 am - 10:00 pm
 Saturday: 07:00 am - 09:00 pm
 Sunday: 07:00 am - 07:00 pm



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 am				9:00 am - 9:50 am Mat Pilates Teresa		9:00 am - 9:50 am Hatha Yoga Karen	9:00 am - 9:50 am Abs and Assets Nick
10:00 am				10:00 am - 10:50 am Vinyasa Yoga Teresa			
11:00 am		11:00 am - 11:50 pm Hatha Yoga Karen					
12:00 pm							
01:00 pm		Starting May 2026		Starting May 2026			
02:00 pm		NYBBC Taekwondo with Rocco		NYBBC Taekwondo with Rocco			
03:00 pm		5:00 pm to 5:45 pm Ages 5 to 8		5:00 pm to 5:45 pm Ages 5 to 8			
04:00 pm		6:00 pm to 6:45 pm Ages 9 and Up		6:00 pm to 6:45 pm Ages 9 and Up			
05:00 pm					5:00 pm - 5:50 pm Mat Pilates Teresa		
06:00 pm	6:00 pm - 6:50 pm Mat Pilates Teresa	6:00 pm - 6:45 pm Total Body and Conditioning Danny			6:00 pm - 6:45 pm Total Body and Conditioning Danny		
07:00 pm		7:00 pm - 7:45 pm Spin Class King	7:30 pm - 8:20 pm Abs and Assets Nick	7:00 pm - 7:45 pm Spin Class King			
08:00 pm							
09:00 pm							