

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 Int Reformer	7:15 Reformer	6:00 Int. Reformer	9:15 Int. Reformer	6:00 Int. Reformer	9:00 Tower/Mat	9:15 Pilates Arc
9:30 Pilates Chair	9:30 Int. Reformer	8:30 Reformer	10:30 Pilates Chair	8:30 Reformer	9:00 Int. Tower/Trio	10:00 Tower/Trio
10:30 Reformer	10:30 Int. Reformer	9:30 Int. Reformer	10:45 Tower & Tone	10:00 Int. Tower/Mat	10:15 Adv. Reformer	10:15 Int. Reformer
11:30 Int. Reformer	11:45 TRX®	10:30 Body Toning	11:45 Tower/Mat	11:00 Int. Reformer	11:15 Cardio Reform	11:00 Int. Tower/Trio
1:30 Pilates Arc	4:00 Pilates Circuit	12:00 Reformer	4:30 Reformer	12:00 Pilates Chair	12:15 Int. Reformer	11:15 Int. Reformer
4:30 Tower/Mat	4:30 Tower/Mat	4:30 TRX®	5:30 Reformer		1:30 Pilates Chair	12:00 Basic Chair
5:30 Reformer	5:30 Reformer	5:30 Reformer	6:45 Power Tower			12:15 Basic Reform
6:30 Int. Reformer	6:00 Int. Tower/Mat	6:45 TRX®	7:45 Reformer			1:30 Reformer
7:30 Adv Reformer	6:00 Pilates Chair					2:30 TRX®
	7:30 Adv. Reformer					



Class Times Subject to Change - For New Classes Added:

Please refer to MindYourBodyFitness.com and click the link for **Class Sign Up** to view the current and future day's and week's offerings.

For new clients: First Class Only \$15.00 with this card

Special pricing for packages of 5 and 10 classes

Student Discounts also available Call 212-426-7960 Now!