

LIVE + OUTDOOR SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
7:00A - 7:45A TOTAL BODY P Vanessa	7:00A - 7:45A SHRED P Vanessa	7:00A - 8:00A TOTAL BODY (Z) Stacy		7:00A - 7:45A HIIT P Jess	8:00A - 9:00A ZUMBA (Z) Yeye	8:00A - 9:00A ZUMBA (Z) Angelica
8:00A - 8:45A ZUMBA P Yeye	8:15A - 9:00A STUDIO CYCLE (H) Vanessa	7:00A - 7:45A YOGA (H) Jess	8:00A - 8:45A ZUMBA P Stacy	8:30A - 9:15A *BARRE P Jess	8:30A - 9:15A TOTAL BODY P Jamie	9:00A - 9:45A STUDIO CYCLE (H) Vanessa
9:30A - 10:30A POWER HIIT (Z) Stacy	9:30A - 10:15A CARDIO BOX P Stacy	8:15A - 9:00A ZUMBA P Yeye	9:45A - 10:30A HIIT P Cecilia	9:30A - 10:30A CARDIO BLAST (Z) Cecilia	9:30A - 10:15A FITBARRE P Cecilia	10:00A - 11:00A YOGA (Z) Judy
10:30A - 11:15A YOGA (H) Jess	10:30A - 11:30A BARRE (Z) Stacy	9:30A - 10:30A FITBARRE (Z) Cecilia	10:00A - 11:00A SCULPT (Z) Jess	10:30A - 11:15A *CARDIO HIIT P Cecilia	10:30A - 11:15A CARDIO HIIT P Cecilia	10:00A - 10:45A TOTAL BODY P Vanessa
4:30P - 5:15P YOGA TONE (H) Jamie	11:30A - 12:30P YOGA FLOW (Z) Denise	12:00P - 1:00P SCULPT (Z) Jess	10:30A - 11:15A FITBARRE P Cecilia	11:00A - 12:00P ZUMBA (Z) Angelica	10:30A - 11:30A SCULPT (Z) Jess	12:00P - 1:00P CORE SCULPT (Z) Jamie
5:30P - 6:30P UPPER CUTS + ABS (Z) Cecilia	5:30P - 6:15P HIIT P Cecilia	1:30P - 2:30P YOGA (Z) Judy	5:30P - 5:45P SHRED P Robbie	5:30P - 6:15P SLOW BURN P Jamie	11:30A - 12:15P STUDIO CYCLE (H) Cecilia	
6:15P - 7:00P BARRE P Stacy	6:30P - 7:15P CHISEL P Cecilia	5:30P - 6:30P TKO (Z) Cecilia	6:00P - 6:45P MINDFUL VINYASA FLOW (H) Liz	6:30P - 7:30P GENTLE YOGA (Z) Liz		
7:00P - 7:45P STUDIO CYCLE (H) Cecilia	7:15P - 8:00P SCULPT (H) Jamie	5:30P - 6:15P STUDIO CYCLE (H) Vanessa	6:45P - 7:15P CARDIO KICKBOX P Cecilia			
7:15P - 8:00P CARDIO DANCE P Stacy	7:30P - 8:15P ZUMBA P Angelica	6:45P - 7:30P HIIT P Vanessa	7:30P - 8:15P ZUMBA P Yeye			
		7:00P - 8:00P CORE (Z) Cecilia				

(Z) ZOOM LIVE

P HF PARKING LOT
max capacity: 20

(H) HF STUDIO
max capacity: 8

(M) MAMARONECK HARBOR
max capacity: 10

*HF LOT / HF STUDIO / MAMARONECK HARBOR: Reservation required through iclub online | non-members \$20/class
Bring your own mat, towel, water, mask, hand sanitizer. Social distance rules must be followed.

ZOOM LIVE CLASSES: info sent to all members on virtual plan

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