

LUDLOW FITNESS CLASS SCHEDULE – DECEMBER 2011

100 delancey street, new york, ny 10002

212.260.9222

www.ludlowfitness.com



MON	TUES	WED	THURS	FRI	SAT	SUN
	6:30am – 7:15am Spinning – Alissa	6:45am – 7:30am Spinning - Alissa	7:00am Yoga - Sara		10:30am Body Sculpt - Lawrence	
12:30pm Yoga – Sara	12:00pm Pilates - Chloe	7:00am Body Sculpt - Bryan	12:00pm Yoga - Summer	12:00pm – 12:45pm Spinning - Carla	10:45am – 11:30am Spinning - Alissa	
	12:45pm – 1:30pm Spinning - Carla	12:30pm – 2:00pm Yoga - Ursula		12:45pm Pilates - Chloe	11:30am Yoga - Ursula	
6:00pm Yoga – Dana	6:00pm Core Fit - Bryan	6:00pm Total Body - Lawrence	6:00pm – 6:45pm Spinning – Naomi		12:30pm – 1:15pm Spinning - Kerry	
7:00pm – 7:45pm Spinning - Naomi	6:00pm – 7:00pm Spinning - Kerry	6:15pm – 7:00pm Spinning - Rosa	6:00pm Pilates - Allie		1:00pm Pilates - Alice	5:30pm Body Sculpt - Lucia
7:15pm Pilates – Lauren E.	7:00pm Yoga - Michael	7:00pm Yoga - Ursula	7:00pm- 7:45pm Spinning - Mikki	6:30pm Yoga - Anne		5:45pm – 6:30pm Spinning - Rosa
8:00pm – 8:45pm Spinning – Lauren L.	8:00pm – 8:30pm Spinning - Kerry	8:00pm – 8:45pm Spinning – Lauren L.	7:00pm Zumba – Noelle			6:30pm Yoga - Dana
8:15pm Zumba - Ebony	8:00pm Boxing - Bryan	8:00pm Pilates - Hilary	8:00pm Yoga - Anne			

Group Exercises classes are 55 minutes unless otherwise noted

Operating Hours:

Mon open @ 5:30am, 24 hours all week

Sat close @ 9:00pm, Sun: 8:00am - 9:00pm