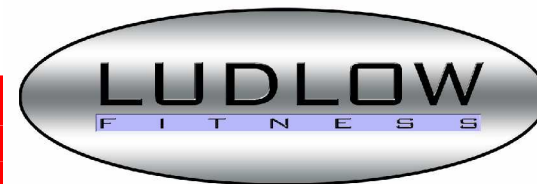


LUDLOW FITNESS CLASS SCHEDULE - SEPTEMBER 2008

100 delancey street, new york, ny 10002

212.260.9222

www.ludlowfitness.com



MON	TUES	WED	THURS	FRI	SAT	SUN
7:00am – 7:45am Spinning – Jen		6:45am – 7:30am Spinning - Francis				
7:30am Yoga - Sara		7:00am Body Sculpt - Jen			10:30am Body Sculpt - Csilla	
12:30pm Yoga – Amme	12:00pm Pilates - Chloe	12:30pm Yoga - Ursula		12:00pm – 12:45pm Spinning - Carla	10:45am – 11:30am Spinning - Fauziya	
	12:45pm – 1:30pm Spinning - Carla			12:45pm Pilates - Maggie	11:30am Yoga - Ursula	
6:15pm Yoga – Nancy	6:00pm CoreFusion - Bryan	6:00pm Total Body - Morgan			1:00pm Pilates - Maggie	
7:00pm – 7:45pm Spinning - Carla	6:30pm – 7:15pm Spinning - Kerry	6:30pm – 7:15pm Spinning – Jen	7:00pm- 7:45pm Spinning - Fauziya			5:30pm Body Sculpt - Fauziya
	7:00pm Yoga - Amme	7:00pm Yoga - Ursula		6:30pm Yoga - Anne		5:45pm – 6:30pm Spinning - Scott
7:15pm Pilates – Maggie	7:45pm – 8:30pm Spinning - Kerry	8:00pm – 8:45pm Spinning - Scott	7:00pm Boxing – Bryan			
8:15pm Total Body - Morgan	8:00pm Cardio Kick - Bryan	8:00pm Pilates - Lee	8:00pm Yoga - Anne			6:30pm Yoga - Nancy

Group Exercises classes are 55 minutes unless otherwise noted

Operating Hours: Mon - Fri: 5:30am - midnight

Weekends: 8:00am - 9:00pm