

Reebok Sports Club/NY
Group Exercise Schedule
MODIFIED LABOR DAY WEEKEND HOLIDAY SCHEDULE



FRIDAY 9/3	SATURDAY 9/4	SUNDAY 9/5	MONDAY 9/6
6:30-7:30am TRI-BODY (Studio 2) Dianna Ineman	8:30-9:15am CYCLE REEBOK ● (Cycle Studio) Izabella Hochkeppel ✨	9:15-9:30am PRE FLOOR BARRE WARM-UP (Studio 1) Jodi Moccia	9:15-10:15am ZUMBA (Studio 2) Irena Meletiou
7:00-7:45am CYCLE REEBOK ● (Cycle Studio) Chris Schram ✨	8:30-9:30am POW!™ (Studio 2) Akin Williams	9:30-10:30am FLOOR BARRE (Studio 1) Jodi Moccia	9:30-10:15am CYCLE REEBOK ● (Cycle Studio) Loi Jordan ✨
9:00-10:00am ZUMBA (Studio 1) Jannelle Cortes	9:30-10:15am CYCLE REEBOK ● (Cycle Studio) Marc Selden	9:30-10:30am CYCLE REEBOK PLUS ● (Cycle Studio) Marc Selden	12:00-12:30pm ABS ONLY PLUS (Studio 2) Garry Baddal
9:15-10:15am POW!™ ● (Studio 2) Bishop Garland ✨	9:30-10:30am ATHLETICWORKS (Studio 2) Eva Pelegrin ✨	9:30-10:30am DEFINITIONS (Studio 2) Eva Pelegrin	12:30-1:30pm THE TRAINING SYSTEM (Studio 2) Garry Baddal
9:30-10:30am CYCLE REEBOK PLUS ● (Cycle Studio) Melissa Morin ✨	10:00-11:00am SPLASH! CARDIO FUSION (Pool) Sue Halloran	10:30-11:30am DANCE! (Studio 1) Rosie Fiedelman	12:30-1:45pm YOGILATES™ (Studio 1) Jonathan Urla
10:00-11:00am SPLASH! CARDIO FUSION (Pool) Cheryl Petersen ✨	10:30-11:30am CYCLE REEBOK PLUS ● (Cycle Studio) Blayne Gregg-Miller	11:00-11:45am CYCLE REEBOK ● (Cycle Studio) Lisa Raphael	
10:15-10:30am ABS ONLY (Studio 2) Bishop Garland ✨	10:30-11:30am DANCE PARTY (Studio 1) Dave Guggino	11:30-12:30pm PILATES MAT (Studio 1) Regina Forman	
11:00-12:00pm STRENGTHWORKS (Studio 2) Izabella Hochkeppel ✨	10:30-11:30am STEP (Studio 2) Lamont Hampton	11:30-12:30pm CARDIOKICKBOXING (Studio 2) Bishop Garland ✨	
11:00-12:15pm BUDDHA MAMA (Studio 1) Michelle Hill	11:00-11:30am SPLASH! ABS (Pool) Sue Halloran	12:30-1:30pm DEFINITIONS (Studio 2) Bishop Garland ✨	
5:30-6:15pm DEFINITIONS (Studio 2) Jeffrey Fox ✨	11:30-12:30pm PILATES MAT (Studio 1) Ellen Shadle	5:30-6:15pm CYCLE REEBOK ● (Cycle Studio) Aleah Stander ✨	
6:15-6:30pm ABS ONLY (Studio 2) Jeffrey Fox ✨	11:30-12:30pm DEFINITIONS (Studio 2) Lamont Hampton	5:30-6:15pm DEFINITIONS (Studio 2) Jeffrey Fox	
6:30-7:30pm CYCLE REEBOK PLUS ● (Cycle Studio) Blayne Gregg-Miller	12:30-1:30pm ATHLETIC STRETCH (Studio 1) Sahar Javedani	6:15-6:30pm ABS ONLY (Studio 2) Jeffrey Fox	
	1:30-2:30pm BELLY DANCING (Studio 1) Sahar Javedani		
	5:30-6:15pm CYCLE REEBOK ● (Cycle Studio) Aleah Stander		

● Sign up required 45 minutes prior to Cycle Reebok and POW!™ classes. Sign-up sheets are located outside the studios on Club Level Six.

✨ Denotes class or instructor change.