



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Spin H * Mike S. (:45)	6:15a S	Sunrise Vinyasa * Gilli (:60)	6:15a MB	Spin H * George (:45)	6:15a S	Power Xtreme * George (:45)	6:15a M	Spin H * Al (:45)	6:15a S	Spin H Power * Robert (:55)	9:00a S
		AM Power * Jirina (:45)	6:15a M							Cardio Kickboxing * Jirina (:45)	9:30a M
Vinyasa Yoga Jeff (:60)	9:15a MB	Vinyasa Yoga Jeff (:60)	9:15a MB	Vinyasa Yoga Stefan (:60)	9:30a MB	Strong Flow Yoga Laurie (:60)	9:30a MB	Spin H * Alicia (:45)	9:15a S	Yoga School Susan S. (:60)	9:30a MB
Zumba * Jeannine (:60)	9:30a M	BodyBlast * Robert (:60)	9:30a M	Spin H Power * George (:55)	9:30a S	BodyBlast * Susan D. (:60)	9:30a M	Empower Laurie/Carrie (:60)	9:30a MB	ABSolutely H * Robert (:30)	10:00a G
										Spin H * Jen La (:55)	10:15a S
Strong Flow Yoga Laurie (:60)	12:00n MB	Zumba * Jeannine (:45)	12:15p M	Strong Flow Yoga Laurie (:60)	12:00n MB	Pilates Sculpt Carrie	12:00p MB	Vinyasa Yoga Jeff (:60)	12:00n MB	BodyBlast * Jirina (:45)	10:30a M
Spin * Robert (:45)	12:15p S	Hard Bodies * Jeannine (:45)	1:00p M	Spin * Michele (:45)	12:15p S	Cardio Kickboxing * Robert (:45)	12:15p M	Hard Bodies * Jeannine (:45)	12:15p M	Vinyasa Yoga Jeff (:60)	11:15a MB
Power Pump * Susan D. (:45)	1:00p M	Stretch-N-Flex Guinevere (:45)	1:00p MB	Hard Bodies * Michele (:40)	1:05p M	JunQ (in the trunk) Courtney (:45)	1:00a M	Spin H * Robert (:45)	12:15p S	Zumba * Andi/Jeannine (:60)	12:00p M
BodyBlast * Andi (:45)	5:00p M							Zumba * Jeannine (:45)	1:00p M	Sunday	
Strong Flow Yoga Laurie (:60)	6:00p MB	Spin H * Robert (:55)	5:00p S	Pump * Andi (:45)	5:30p M	Stretch-N-Flex Guinevere (:45)	5:45p MB	Spin H * Robert (:55)	5:30p S	Spin H * George (:55)	9:30a S
Zumba * Jeannine (:45)	6:00p M	Pilates Mat Sharon (:60)	5:30p MB	Vinyasa Yoga Jeff (:60)	6:00p MB	Power Xtreme * George (:45)	6:15p M	Bootcamp Sculpt * Monica (:45)	6:30p M	Yoga Detox Laurie (:60)	10:00a MB
Spin H * Michele (:55)	6:30p S	Power Xtreme * George (:60)	6:00p M	Pilates Sculpt * Andi (:60)	6:30p M	Pilates Mat Amy (:45)	6:30p MB	Vinyasa Yoga Gilli (:60)	6:30p MB	Power Xtreme * George (:45)	10:30a M
Gunz N' Bunz Jeannine (:45)	6:45p M	Strong Flow Yoga Laurie (:60)	6:30p MB	Spin H * Robert (:45)	6:30p S	Spin H * George (:55)	7:00p S				
ABSolutely Monica (:30)	7:30p M	Spin H * Kristine (:55)	7:00p S	Zumba * (drop-in class) Jeannine (:60)	6:30p G	Vinyasa Yoga Jeff (:60)	7:15p MB			Vinyasa Yoga Gilli (:60)	5:00p MB
Vinyasa Yoga Susan S. (:60)	7:30p MB	Xtreme Results * Franca (:60)	7:00p M	Vinyasa Yoga Kelly (:60)	7:30p MB						
Spin H * Michele (:45)	7:30p S	Boxer's Workout * Teddy (:60)	7:30p G	ABSolutely Jirina (:30)	7:30p M			MB= Mind & Body studio S= Spin studio M= Movement studio G=Gymnasium			
Bootcamp Sculpt * Monica (:45)	8:00p M			Spin H * Alicia (:45)	7:30p S			* Advanced sign-up required. Classes subject to change without notice.			

110 Sinatra Drive, Hoboken 201.656.9989
All classes free to Club H Fitness members

Download your own copy of this schedule
at www.clubhfitness.com

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