



GROUP EXERCISE SCHEDULE

REGULAR CLASS SCHEDULE - PLEASE VISIT THE MERCEDES CLUB+ APP FOR CURRENT CLASSES & TIMES

M	T	W	TH	F	SAT	SUN
CYCLE* (45) SHAYNE 7:00AM C	BARRE* (45) ERIN 7:00AM Y	CYCLE* (45) BRIAN 7:00AM C	BARRE* (45) ERIN 7:00AM Y	PILATES (45) ERIN 7:30AM Y	TRX* (45) KIMBER 9:15AM BB	BARRE* (45) SARAH 9:15AM Y
BARRE BOOTCAMP* (45) JESSICA 12:15PM Y	INTENSE METCON (45) DECLAN 7:00AM BB	POWER SCULPT (45) SEAN 7:00AM M	INTENSE METCON (45) DECLAN 7:00AM BB	INTENSE METCON (45) DECLAN 12:15PM BB	BOXING* (45) JUSTIN 10:00AM B	CYCLE* (45) SHAYNE 9:15AM C
PILATES (45) ERIN 1:15PM Y	TREADSWEAT* (50) LISA 12:00PM FF	MELT (45) BLAYNE 12:15PM Y	BOXING* (45) JUSTIN 12:00PM B	BARRE BOOTCAMP* (45) JESSICA 1:15PM Y	BARRE* (45) ERIN 10:15AM Y	TOTAL BODY (45) SHAYNE 10:15AM M
HARDCORE (30) SEAN B. 6:00PM M	VINYASA YOGA (60) LESLEY 1:30PM Y	PILATES (45) BLAYNE 1:15PM Y	VINYASA YOGA (60) JAMES 1:15PM Y	VINYASA YOGA (60) SHAYNE 6:30PM Y	CYCLE* (45) JEANETTE 10:15AM C	BOXING* (45) JUSTIN 10:15AM B
BARRE* (45) AMY 6:15PM Y	PILATES (45) KIMBER 6:15PM Y	BARRE BOOTCAMP* (45) JESSICA 6:15PM Y	CYCLE* (45) BRIAN 6:15PM C		BRAZILIAN LOWER BODY BLAST* (45) MARIZETE 10:15AM M	MELT (45) BLAYNE 10:15AM Y
TOTAL BODY (45) SEAN B. 6:30PM M	CYCLE* (45) SHAYNE 6:15PM C	CYCLE* (90) LISA 6:15PM C	PILATES (45) TAYLOR 6:15PM Y		TOTAL BODY (45) JEANETTE 11:15AM M	DANCE! (60) SHAYNE 11:15AM M
BOXING* (45) ERICK 6:30PM B	TOTAL BODY (45) JEANETTE 6:30PM M	BOXING* (45) ERICK 6:30PM B	TOTAL BODY (45) JEANETTE 7:15PM M		PILATES (45) ERIN 11:15AM Y	PILATES (45) AMY 11:15AM Y
PILATES (45) AMY 7:15PM Y	VINYASA YOGA (60) SHAYNE 7:15PM Y	POWER SCULPT (45) JESSICA 7:15PM M	BARRE* (45) TAYLOR 7:15PM Y			STRETCH & RELAX (45) AMY 12:15PM Y
POWER SCULPT (45) TIFFANY 7:30PM M	BOXING* (45) ERICK 7:30PM B	YIN YOGA (60) DERRIC 7:15PM Y	THERAPEUTIC THURSDAYS* 8:15PM Y			VINYASA YOGA (60) JAMES 6:00PM Y
VINYASA YOGA (60) APRIL 8:15PM Y						

PLEASE NOTE THE FOLLOWING:

- SIGN UP REQUIRED FOR BARRE, BARRE BOOTCAMP, BOXING, CYCLE, BRAZILIAN LOWER BODY BLAST, TREADSWEAT, AND TRX. ALL OTHER CLASSES ARE FIRST-COME, FIRST-SERVED.
- SIGN-UP BEGINS 48 HOURS PRIOR TO THE START OF THE CLASS VIA OLS.
- PLEASE BE ON TIME FOR CLASS. EMPTY CLASS SPOTS ARE GIVEN AWAY TO MEMBERS ON THE WAIT-LIST AT THE START OF CLASS.
- EMPTY CYCLE BIKES ARE GIVEN AWAY 5 MINUTES PRIOR TO CLASS START TIME.
- BOXING GLOVES AND WRAPS WILL NOT BE PROVIDED. MEMBERS MUST BRING THEIR OWN.
- MEMBERS MUST WIPE DOWN THE EQUIPMENT THEY USE AFTER EACH CLASS.

CLUB HOURS

MONDAY	5:30AM - 10:00PM
TUESDAY	5:30AM - 10:00PM
WEDNESDAY	5:30AM - 10:00PM
THURSDAY	5:30AM - 10:00PM
FRIDAY	5:30AM - 9:00PM
SATURDAY	8:00AM - 8:00PM
SUNDAY	8:00AM - 8:00PM

LEGEND

C:	CYCLE STUDIO
Y:	YOGA STUDIO
M:	MOVEMENT STUDIO
NT:	NORTH TERRACE
PT:	POOL TERRACE
B:	BOXING STUDIO
BB:	BASKETBALL COURT
FF:	FITNESS FLOOR
ML:	MEMBER LOUNGE
RED:	INSTRUCTOR SUB
BLUE:	OUTDOOR CLASS
*	: DENOTES CLASS SIGN UP REQUIRED

FOR COMMENTS & SUGGESTIONS REGARDING GROUP EXERCISE

PLEASE CONTACT LISA GAUSEPOHL: LISAG@THEMERCEDESCLUB.COM

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