

# THANKSGIVING DAY SCHEDULE

THURSDAY, NOVEMBER 23

CLUB HOURS 7:00am-9:00pm

## CARDIO TENNIS

FOR PLAYERS NTRP 2.6+ & 3.1+

8:00-9:30am

9:30-11:00am

## GROUP EXERCISE

9:00-10:00am BODYPUMP™

9:15-10:15am THE MOB

9:30-10:15am VIBE

10:00-10:45am BAGSCORE

10:30-11:15am BATTLE

## samadhi

8:00-9:00am CHARITY MAT

9:30-11:00am CHARITY VINYASA

MIDTOWN

ATHLETIC CLUB®