

CHELSEA PIERS

fitness

Brooklyn

CLASS SCHEDULE

May 2019 Subject to change. Please visit chelseapiers.com/fitness for the most up-to-date schedule.

Updated 05/10/2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:00 - 6:45am IGNITE Briester Hay	6:15 - 7:00am Breakaway Brooke Mullen	6:00 - 7:00am Hot Vinyasa Yoga Dorian Shorts	6:30 - 7:30am Hot Vinyasa Yoga Casey Beauchamp	6:30 - 7:30am Hot Vinyasa Yoga Dorian Shorts	8:00 - 8:45am IGNITE Oscar Colon	9:00 - 10:00am Hot Vinyasa Yoga Alyssa Magsano
	6:00 - 7:00am Hot Vinyasa Yoga Dorian Shorts	6:30 - 7:30am Hot Vinyasa Yoga Joanna Stone	7:00 - 7:45am Breakaway Marirose Aleardi	7:00 - 7:45am IGNITE Oscar Colon	7:30 - 8:15am IGNITE Arielle Childs	9:00 - 10:00am Vinyasa Yoga Christa Wroblewski	9:30 - 10:15am AMP'D Rachel Porter
	7:00 - 7:45am Breakaway Marirose Aleardi	7:00 - 7:45am IGNITE Oscar Colon	7:00 - 7:45am AMP'D Oscar Colon	7:15 - 8:15am Vinyasa Yoga Libby Nicholaou	9:30 - 10:30am Total Barre Emily-Ann Little	9:00 - 9:45am AMP'D Oscar Colon	10:00 - 11:00am Pilates Mat II Catherine Ekeleme
	7:00 - 7:45am AMP'D Oscar Colon	7:15 - 8:15am Vinyasa Yoga Nikki Carter	7:15 - 8:15am Total Barre Avital Asuleen	7:30 - 8:15am Breakaway Brooke Mullen	9:30 - 10:15am Breakaway Matthew Bondy	9:30 - 10:15am Breakaway Melora Storm	10:00 - 11:15am Vinyasa Yoga Libby Nicholaou
	7:15 - 8:15am Total Barre Emily Cochrane	7:30 - 8:15am Breakaway Brooke Mullen	7:30 - 8:30am Vinyasa Yoga Dorian Shorts	7:30 - 8:30am IMPACT Tashon Hopkins		9:30 - 10:30am Total Barre Donatella Fino	10:30 - 11:15am Breakaway Melora Storm
	7:30 - 8:30am Vinyasa Yoga Asia Lewis	7:30 - 8:30am IMPACT Alexandra Bernal	9:30 - 10:15am Hot Pilates Mat Catherine Ekeleme	9:30 - 10:30am Hot Vinyasa Yoga Kirra Michel		10:00 - 11:15am Hot Vinyasa Yoga Matty Espino	10:30 - 11:15am TRX Training Amanda Snyder
	9:30 - 10:30am Strength3D Rodney Harris	9:30 - 10:30am Hot Vinyasa Yoga Matty Espino				10:45 - 11:30am Breakaway Brooke Mullen	11:00am - 12:00pm Hip Hop Hot Yoga Dorian Shorts
						10:45 - 11:45am Strength3D Declan Julien	11:30am - 12:15pm Intro Reformer Catherine Ekeleme
LUNCH	12:30 - 1:45pm Vinyasa Yoga Paulo Hudson	12:30 - 1:15pm AMP'D Miguel Alava	12:15 - 1:00pm IGNITE Oscar Colon	12:30 - 1:30pm Strength3D Rodney Harris	12:30 - 1:15pm AMP'D Miguel Alava	12:00 - 1:00pm Total Barre Donatella Fino	
	12:30 - 1:15pm Breakaway Tyler Angotto	12:30 - 1:30pm Hot Vinyasa Yoga Matty Espino	12:30 - 1:45pm Vinyasa Yoga Naomi Relnick	12:30 - 1:30pm Hot Vinyasa Yoga Kirra Michel	12:30 - 1:45pm Vinyasa Yoga Paulo Hudson	12:00 - 1:00pm Hot Vinyasa Yoga Matty Espino	
EVENING	5:00 - 5:45pm IGNITE Ilanthe Mellors	6:00 - 7:00pm Total Barre Donatella Fino	5:00 - 5:45pm TRX Training Jesse DeMarco	5:30 - 6:15pm Strength3D Jeanette Eng	5:00 - 6:00pm IMPACT Rodney Harris	1:15 - 2:15pm IMPACT Tashon Hopkins	5:00 - 6:30pm Restorative Yoga Hunt Parr
	6:00 - 7:00pm IMPACT Sergio Chicon	6:30 - 7:15pm Intro Pilates Reformer Juel Bedford	5:00 - 6:00pm Pilates Mat I Marie Strevens	6:30 - 7:15pm IGNITE Jeanette Eng	6:00 - 6:45pm Breakaway Eric Lawrence	1:30 - 2:15pm IGNITE Amanda Snyder	4:45 - 5:15pm Beginner Swim Michael Sabala
	6:00 - 7:00pm Total Barre Ilanthe Mellors	6:30 - 7:15pm TRX Training Jesse DeMarco	6:00 - 7:00pm IMPACT Sergio Chicon	6:30 - 7:15pm TRX Training Juggy	6:00 - 7:00pm Hot Vinyasa Yoga Nikki Carter		5:15 - 5:45pm Intermediate Swim Michael Sabala
	6:00 - 7:00pm Pilates Mat I/II Angelica Thornhill	6:30 - 7:15pm Breakaway Brooke Mullen	6:15 - 7:15pm Total Barre Marie Strevens	6:45 - 7:30pm Hot Pilates Mat Catherine Ekeleme	6:15 - 7:00pm AMP'D Briester Hay		
	6:30 - 7:30pm Hot Vinyasa Yoga Kathy Salvo	6:30 - 7:30pm Vinyasa Yoga Christa Wroblewski	6:30 - 7:15pm Breakaway Tyler Angotto	7:00 - 7:45 pm Breakaway Brooke Mullen	6:30 - 7:30pm Strength3D Rodney Harris		
	6:30 - 7:15pm Breakaway Eric Lawrence	6:45 - 7:30pm Hot Pilates Mat Catherine Ekeleme	6:30 - 7:30pm Run Club Lindsay Ritchings	7:00 - 8:15pm Vinyasa Yoga Hunt Parr	6:30 - 8:00pm Restorative Yoga Emily Rapport		
	7:15 - 8:15pm IMPACT Sergio Chicon	7:30 - 8:15pm TRX Training Miguel Alava	6:30 - 8:00pm Restorative Yoga Kathy Salvo	7:30 - 8:15pm TRX Training Juggy			
	7:00 - 7:30pm Pre-Masters Swim Michael Sabala	7:30 - 8:15pm IGNITE Matthew Bondy	7:15 - 8:15pm IMPACT Sergio Chicon	8:00 - 9:00pm Hip Hop Hot Yoga Nicholas "Quazzy" Herd			
	7:30 - 8:30pm Strength3D Briester Hay	8:00 - 9:00pm Hip Hop Hot Yoga Nicholas "Quazzy" Herd	7:30 - 8:15pm IGNITE Matthew Bondy				
	7:30 - 8:30pm Vinyasa Yoga Eric Lawrence		7:30 - 8:30pm Hot Vinyasa Yoga Ani Weinstein				
	9:00 - 10:00am Reformer I Catherine Ekeleme		8:00 - 9:00am Pilates Reformer II Catherine Ekeleme	7:15 - 8:15pm Pilates Reformer II Juel Bedford	6:30 - 7:30am Pilates Reformer II Marie Strevens		12:30 - 1:30pm Reformer I Catherine Ekeleme
1:00 - 2:00pm Reformer I Oryan Gur		7:30 - 8:30pm Pilates Reformer I Marie Strevens	8:00 - 9:00pm Masters Swim Michael Sabala			5:45 - 6:45pm Masters Swim Michael Sabala	
7:30 - 9:00pm Masters Swim Michael Sabala							