















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BARRE CLASS Maeve McEven 7:00 am	LES MILLS GRIT Taylor 7:00 am	BODY SCULPT Maeve McEven 7:00 am		CORE&STRECH Maeve McEven 7:00 am		
	LES MILLS BODYPUMP Taylor 9:00 am		LES MILLS GRIT Taylor 9:00 am	BODY SCULPT Maeve McEven 9:00 am	LES MILLS BODYPUMP Lloyd 9:00 am	LES MILLS GRIT 9:00 am
BODY SCULPT Leslie Howitt 10:00 am	 CARDIO SCULPT 10:00 am	MYOFASCIAL RELEASE Michael 10:30 am	LES MILLS BODYPUMP Taylor 10:00 am			
				 ZUMBA 10:00 am	YOGA Fundamentals Lisa Landphair 10:30 am	YOGA Vinyasa Christina Tarantola 11:30 am
		YOGA Michael McArdle 11:15 am		 POUND 11:00 am		
		 STRENGTH & CONDITIONING 12:30 pm		 HIIT 12:00 pm	SPIN CLASS Taylor 12:00 pm	
YOGA Fundamentals Lisa Landphair 12:30 pm		 POP PILATES 2:00 pm	 CARDIO PILATES 2:00 pm	 BAPTISTE YOGA 1:00 pm	 CARDIO DANCE 1:00 pm	 BOOTCAMP 1:00 pm
LES MILLS BODYPUMP Taylor 5:30 pm	LES MILLS GRIT Taylor 5:30 pm		 YOGA 5:30 pm		<p>Summer Schedule</p> <p>Athleta classes will be held at COMPLETE in July only and open for COMPLETE & Athleta members</p>	
				 BOOTCAMP 6:00 pm		
YOGA Michael McArdle 6:30 pm	BOXING Marisol Romero 6:30 pm	LES MILLS BODYPUMP Lloyd 6:30 pm	BOXING Marisol Romero 6:30 pm			
SPIN Taylor 7:30 pm	 CARDIO DANCE 7:30 pm		 BARRE CLASS 7:30 pm			

*Athleta classes start July 7th until August 7th

*Fall Schedule will be based on a member survey

*Complete members have access to more than 100 group classes at 57th and 10 Hanover Square locations