

# NYUAD FITNESS CENTER-J-Term (January 4 to January 24)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00	Personal & Small Group Training on demand	Personal & Small Group Training on demand	Personal & Small Group Training on demand	Personal & Small Group Training on demand	Personal & Small Group Training on demand	Personal and Small Group Training on Demand	Personal and Small Group Training on Demand
7:00	Spartan (60 mins) Jamie	Yoga (60 mins) Jen	Strength & Conditioning (60 mins) Jamie	Kettlebells (60 mins) Melissa	Vipers (60 mins) Dan		
8:00	Personal and Small Group Training on Demand	Personal and Small Group Training on Demand	Personal and Small Group Training on Demand	Personal and Small Group Training on Demand	Personal and Small Group Training on Demand		
9:00							
10:00							
11:00	Tabata (45 mins) Jen	Just Abs (45 mins) Jamie	TRX (45 mins) Melissa	Vipers (45 mins) Dan	Circuit (45 mins) Dan/KP		
12:30							
13:00	Personal and Small Group Training on Demand	Personal and Small Group Training on Demand	Personal and Small Group Training on Demand	Personal and Small Group Training on Demand	Personal and Small Group Training on Demand		
14:00							
15:00							
16:00							
17:00	Circuit (60 mins) Dan/KP	Boxing (60 mins) Melissa	Strength & Conditioning (60 mins) Dan/Chuck	Yoga (60 mins) Jen	Boxing (60 mins) Melissa		
18:00							
19:00 -21:30	Personal & Small Group Training on demand	Personal & Small Group Training on demand	Personal & Small Group Training on demand	Personal & Small Group Training on demand	Personal & Small Group Training on demand		

## Main Gym

Sunday-Thursday 6:00 am until 11:00 pm  
 Friday 1:00 pm until 9:00 pm  
 Saturday 10:00 am until 9:00 pm

## INFO

**Location:** 4th Floor  
**Contact Number:** 02 628 4282/3  
**Email Address:** pamela.mandich@nyu.edu

## Women's Only Gym

Sunday-Thursday 7:00 am until 9:00 am  
 12:00 pm until 2:00 pm  
 5:00 pm until 9:00 pm  
 Friday & Saturday 12:00 pm until 6:00 pm

## INFO

**Location:** 2003, 20th Floor  
**Contact Number:** 02 628 5084  
**Email Address:** pamela.mandich@nyu.edu