



GET TOUGH.GET SEXY.



NOVEMBER 2009 SCHEDULE:

PRIVATE SESSIONS BY REQUEST

/// MONDAY

6:30am EQX 63rd St & Lex

8:30am EQX 85th & 3rd

/// TUESDAY

6:30am EQX 54th & 2nd

8:30am HIGH GEAR SCC

9:30am HIGH GEAR SCC

6:15pm PRIVATE SESSION

7:45pm JUKARI: Fit to Fly 19th & BWay

/// WEDNESDAY

6am REBOOT! - TEAM ONLY!

9:30am REBOOT! - TEAM ONLY!

6:30pm & 7:30pm HIGH GEAR EQX SOHO

/// FRIDAY

6am REBOOT! - TEAM ONLY!

9:30am REBOOT! - TEAM ONLY!

/// SATURDAY

9 & 10am HIGH GEAR EQX CHELSEA

Spice[™]
FITNESS