

| TCC - 2025 FITNESS SCHEDULE (updated 9/1/2025) | | | | | | | New Classes | REFORMER CLASSES | |
|--|---------|--|----------|---|----------|--------|---|------------------|--|
| | | | | | | | 60 Minutes Classes | | |
| | | | | | | | Aqua Classes | | |
| | | | | | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | | |
| 7:30am - 8:20am Below the Belt Cari | | 7:30am - 8:20am Body Conditioning Cari | | 7:30am - 8:20am Circuit Training Cari | | | MONDAY | | |
| | | | | | | | 8:30am - 8:20am - Intermediate (Patti) 9:30am - 10:20am -Special Population (Patti) | | |
| | | | | | | | 10:30am - 11:20am Beginner (Patti) | | |
| | | | | | | | TUESDAY | | |
| | | | | | | | 5:30pm - 6:20pm - Beginner (Annette) 6:30pm - 7:20pm - Intermediate (Annette) | | |
| | | | | | | | WEDNESDAY | | |
| | | | | | | | 8:30am - 9:20am Intermediate (Patti) 9:30am - 10:20am - Beginner (Patti) 11:30am - 12:20pm - Intermediate (Samantha) | | |
| | | | | | | | THURSDAY | | |
| | | | | | | | 8:30am - 9:20am - Intermediate /Advanced (George) 9:30am - 10:20am - Special Population (George) 10:30am - 11:20am Intermediate (Annette) | | |
| | | | | | | | FRIDAY | | |
| | | | | | | | 9:30am - 10:20am - Beginner (Samantha) | | |
| | | | | | | | SATURDAY | | |
| | | | | | | | 7:30am - 8:20am - Intermediate (George) 8:30am - 9:20am - Beginner (George) | | |
| | | | | | | | Policy for Reformer Classes | | |
| | | | | | | | \$10 for each reformer class, \$200 for 20 classes Reservation opens 8 days in advance. | | |
| | | | | | | | Sign up on the app or call the Front Desk 718-428-5030 Cancellations must be made 4 hours prior to the class time to receive the credit for the class. | | |
| | | | | | | | Late cancellations or no-shows, shall result in the loss of that class. | | |
| | | | | | | | Schedule is subjected to change. | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | </ | | | |