

# MOM IN BALANCE NEW YORK SUMMER SCHEDULE 2018

Week	Central Park					Battery Park					Prospect Park				
	Date	Time	Location	Workout	Trainer	Date	Time	Location	Workout	Trainer	Date	Time	Location	Workout	Trainer
27	Mo 07/02	8:00 PM	81 St/CP West	Combined Class	Verena	Mo 07/02	7:00 AM	West Thames Park	Combined Class	Verena	Tu 07/03	7:30 PM	3rd St	Combined Class	Verena
	We 07/04	9:30 AM	E61 St/UES	Pregnant/Back In Shape	Verena	Mo 07/02	9:15 AM	Pier 25	Combined Class	Verena	Th 07/05	10:00 AM	3rd St	Combined Class	Verena
	Fr 07/06	9:30 AM	81 St/CP West	Combined Class	Sarah	Fr 07/06	7:00 AM	West Thames Park	Combined Class	Leighann	Sa 07/07	8:30 AM	3rd St	Combined Class	Leighann
	Sa 07/07	9:00 AM	81 St/CP West	MPower	Sarah					Verena					
28	Mo 07/09	8:00 PM	81 St/CP West	Combined Class	Lara	Mo 07/09	7:00 AM	West Thames Park	Combined Class	Verena	Tu 07/09	7:30pm	3rd St	Combined Class	Verena
	We 07/11	9:30 AM	E61 St/UES	Pregnant/Back In Shape	Leigh	Mo 07/09	9:15 AM	Pier 25	Combined Class	Verena	Th 07/12	10:00 AM	3rd St	Combined Class	Leighann
	Fr 07/13	9:30 AM	81 St/CP West	Combined Class	Sarah	Fr 07/13	7:00 AM	West Thames Park	Combined Class	Leighann	Sa 07/14	8:30 AM	3rd St	Combined Class	Leighann
	Sa 07/14	9:00 AM	81 St/CP West	MPower	Sarah										
29	Mo 07/16	8:00 PM	81 St/CP West	Combined Class	Lara	Mo 07/16	7:00 AM	West Thames Park	Combined Class	Leighann	Tu 07/17	7:30 PM	3rd St	Combined Class	Leighann
	We 07/18	9:30 AM	E61 St/UES	Pregnant/Back In Shape	Leighann	Mo 07/16	9:15 AM	Pier 25	NO CLASS!		Th 07/19	10:00 AM	3rd St	Combined Class	Leighann
	Fr 07/20	9:30 AM	81 St/CP West	Combined Class	Lara	Fr 07/13	7:00 AM	West Thames Park	Combined Class	Leighann	Sa 07/21	8:30 AM	3rd St	Combined Class	Leighann
	Sa 07/21	9:00 AM	81 St/CP West	MPower	Verena										
30	Mo 07/23	8:00 PM	81 St/CP West	Combined Class	Lara	Mo 07/23	7:00 AM	West Thames Park	Combined Class	Verena	Tu 07/24	7:30 PM	3rd St	Combined Class	Verena
	We 07/25	9:30 AM	E61 St/UES	Pregnant/Back In Shape	Verena	Mo 07/23	9:15 AM	Pier 25	Combined Class	Verena	Th 07/26	10:00 AM	3rd St	Combined Class	Verena
	Fr 07/27	9:30 AM	81 St/CP West	Combined Class	Verena	Fr 07/13	7:00 AM	West Thames Park	Combined Class	Leighann	Sa 07/28	8:30 AM	3rd St	Combined Class	Leighann
	Sa 07/28	9:00 AM	81 St/CP West	MPower	Verena										
31	Mo 07/30	8:00 PM	81 St/CP West	Combined Class	Lara	Mo 07/30	7:00 AM	West Thames Park	Combined Class	Verena	Tu 07/31	7:30 PM	3rd St	Combined Class	Verena
	We 08/01	9:30 AM	E61 St/UES	Pregnant/Back In Shape	Verena	Mo 07/30	9:15 AM	Pier 25	Combined Class	Verena	Th 08/02	10:00 AM	3rd St	Combined Class	Verena
	Fr 08/03	9:30 AM	81 St/CP West	Combined Class	Lara	Fr 08/03	7:00 AM	West Thames Park	Combined Class	Leighann	Sa 08/04	8:30 AM	3rd St	Combined Class	Leighann
	Sa 08/04	9:00 AM	81 St/CP West	MPower	Verena										
32	Mo 08/06	8:00 PM	81 St/CP West	Combined Class	Lara	Mo 08/06	7:00 AM	West Thames Park	Combined Class	Verena	Tu 08/07	7:30 PM	3rd St	Combined Class	Verena
	We 08/08	9:30 AM	E61 St/UES	Pregnant/Back In Shape	Verena	Mo 08/06	9:15 AM	Pier 25	Combined Class	Verena	Th 08/09	10:00 AM	3rd St	Combined Class	Verena
	Fr 08/10	9:30 AM	81 St/CP West	Combined Class	Lara	Fr 08/10	7:00 AM	West Thames Park	Combined Class	Leighann	Sa 08/09	8:30 AM	3rd St	Combined Class	Leighann
	Sa 08/11	9:00 AM	81 St/CP West	MPower	Verena										
33	Mo 08/13	8:00 PM	81 St/CP West	Combined Class	Lara	Mo 08/13	7:00 AM	West Thames Park	Combined Class	Verena	Tu 08/14	7:30 PM	3rd St	Combined Class	Verena
	We 08/15	9:30 AM	E61 St/UES	Pregnant/Back In Shape	Leighann	Mo 08/13	9:15 AM	Pier 25	NO CLASS		Th 08/16	10:00 AM	3rd St	Combined Class	Leighann
	Fr 08/17	9:30 AM	81 St/CP West	Combined Class	Sarah	Fr 08/17	7:00 AM	West Thames Park	Combined Class	Leighann	Sa 08/18	8:30 AM	3rd St	Combined Class	Leighann
	Sa 08/18	9:00 AM	81 St/CP West	MPower	Sarah										
34	Mo 08/20	8:00 PM	81 St/CP West	Combined Class	Lara	Mo 08/20	7:00 AM	West Thames Park	Combined Class	Leighann	Tu 08/21	7:30 PM	3rd St	Combined Class	Leighann
	We 08/22	9:30 AM	E61 St/UES	Pregnant/Back In Shape	Leighann	Mo 08/20	9:15 AM	Pier 25	NO CLASS!		Th 08/23	10:00 AM	3rd St	Combined Class	Leighann
	Fr 08/24	9:30 AM	81 St/CP West	Combined Class	Sarah	Fr 08/24	7:00 AM	West Thames Park	Combined Class	Leighann	Sa 08/25	8:30 AM	3rd St	Combined Class	Leighann
	Sa 08/25	9:00 AM	81 St/CP West	MPower	Sarah										
35	Mo 08/27	8:00 PM	81 St/CP West	Combined Class	Lara	Mo 08/27	7:00 AM	West Thames Park	Combined Class	Leighann	Tu 08/28	7:30 PM	3rd St	Combined Class	Leighann
	We 08/29	9:30 AM	E61 St/UES	Pregnant/Back In Shape	Leighann	Mo 08/27	9:15 AM	Pier 25	NO CLASS!		Th 08/30	10:00 AM	3rd St	Combined Class	Verena
	Fr 08/31	9:30 AM	81 St/CP West	Combined Class	Sarah	Fr 08/31	7:00 AM	West Thames Park	Combined Class	Leighann	Sa 09/01	8:30 AM	3rd St	Combined Class	Verena
	Sa 09/01	9:00 AM	81 St/CP West	MPower	Sarah										

No MPower AM Classes on Tuesday July 3rd till Tuesday September 4th