



NEWYORKCITY COLLEGE OF TECHNOLOGY



Spring 2025 Recreation

Starts January 28, 2025 and ends May 13, 2025

FULL BODY YOGA STRETCH



Tuesday - 2:00 pm - 4:00 pm

Friday - 1:00 pm - 2:00 pm

285 Jay Street

A LL (202)

RECREATION & INTRAMURAL OFFICE

LOCATED IN ROOM A LL112

ALL SCHEDULES SUBJECT TO CHANGE