



GREEN FITNESS STUDIO

Business Hours: Monday –Friday 6am –10pm Saturday 9am–6pm Sunday 9am

232 Varet Street, Brooklyn NY 11206 347-599-0667 info@greenfitnessstudio.com www.greenfitnessstudio.com

MONDAY
6:00AM - 9:00AM
BOXING- ADULTS*
Coach Mike

5:00 - 7:00pm
BOXING- KIDS*
Coach Mike

6:00-8:15pm
MUAY THAI *
Kru Esteban
Maisonet

7:00-8:00pm
AIKIDO *
Bushwick Dojo

7:00-8:00pm
BOXING- ADULTS*
Coach Mike

7:00-8:00pm
YOGA FOR ALL
Luisa

8:00 - 9:30 PM
CYCLE & CIRCUIT
Orlando

TUESDAY
10:00AM-11:00AM
MORNING FLOW
Luisa

6:00-8:15pm
MUAY THAI *
Kru Esteban
Maisonet

6:00-7:00pm
BOXING WORKOUT
Raul

7:00-8:00pm
BOXING- ADULTS*
Coach Mike

7:00-7:45pm
ABS
Benny

7:30-9:00pm
AIKIDO *
Andrew

8:00-9:00pm
P90X
Benny

WEDNESDAY
6:00AM - 9:00AM
BOXING- ADULTS*
Coach Mike

5:00 - 7:00pm
BOXING- KIDS *
Coach Mike

6:00-8:15pm
MUAY THAI *
Kru Esteban

7:00-8:00pm
AIKIDO *
Bushwick Dojo

7:00-8:00pm
YOGA FOR ALL
Rob

7:00-8:00pm
BOXING- ADULTS*
Coach Mike

8:00-8:45pm
SPIN
Debora

8:00-9:00pm
PILATES
Chana

THURSDAY
10:00AM-11:00AM
PILATES
Chana

6:00-8:15pm
MUAY THAI *
Kru Esteban
Maisonet

7:00-7:45pm
ABS AND GLUTES
Benny

7:00-8:00pm
BOXING- ADULTS*
Coach Mike

7:30-9:00pm
AIKIDO *
Andrew

8:00 - 9:00 PM
SPIN
Orlando

8:00 - 9:00 PM
SALSA
Georgios

FRIDAY
6:00AM - 9:00AM
BOXING- ADULTS*
Coach Mike

5:00 - 7:00pm
BOXING- KIDS*
Coach Mike

6:00-7:00pm
BOXING WORKOUT
Raul

6:30-7:30pm
AIKIDO *
Bushwick Dojo

7:00-8:00pm
BOXING- ADULTS*
Coach Mike

7:00-8:00pm
INSANITY
Benny

SATURDAY
9:30-10:30am
Bootcamp
Orlando

10:00-11:00am
FLOW AND RESTORE
Luisa

11:00-Noon
PURE STRENGTH
Ryan

12:00-1:00pm
TRX
Ryan

12:00-1:00pm
BOXING
Juan

12:00-3:00pm
AIKIDO *
Andrew

SUNDAY
10:00- 11:00 am
FLOW AND RESTORE
Luisa

11:00-11:45am
SPIN
Debora

12:00 -2:00pm
BOXING- KIDS *
Coach Mike

11:00-12:00pm
AIKIDO *
Bushwick Dojo

12:00-1:00pm
SPARTAN WORKOUT
Ryan

12:00-1:00pm
BOXING WORKOUT
Juan

12:30-2:30pm
MUAY THAI*
Kru Esteban

*FIRST CLASS
FREE

Note: Although we try; classes and Instructors subject to change with notice on our website and Twitter /Facebook account with apologies.

REFER A FRIEND AND GET 1 MONTH REWARD, REFER 12 FRIENDS AND GET 1 YEAR FREE

