

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM - 9:00AM BOXING- ADULTS* Coach Mike	10:00-11:00am VINYASA YOGA Emma	6:00AM - 9:00AM BOXING- ADULTS* Coach Mike	5:30-8:15pm MUAY THAI* Kru Esteban Maisonet	6:00AM - 9:00AM BOXING- ADULTS* Coach Mike	9:00-10:00am P 90X Benny	10:00- 11:00 am FLOW AND RESTORE Kiersten
7:30AM - 8:30AM SPIN Orlando	5:30-8:15pm MUAY THAI * Kru Esteban Maisonet	10:00-11:00am ALIGNMENT FLOW YOGA Nathan	6:00-7:00pm BOXING WORKOUT Raul	7:30AM - 8:30AM SPIN Orlando	10:00-11:00am ABS Ed	11:00-11:45am SPIN Debora
10:00-11:00am VINYASA FLOW Emma	6:00-7:00pm BOXING WORKOUT Raul	5:00 - 7:00pm BOXING- KIDS * Coach Mike	7:00-8:00pm BOXING- ADULTS* Coach Mike	10:00-11:00am VINYASA YOGA Emma	10:00-11:00am HOT VINYASA FLOW Azzure	12:00 -2:00pm BOXING- KIDS * Coach Mike
5:00 - 7:00pm BOXING- KIDS* Coach Mike		5:30-8:15pm MUAY THAI * Kru Esteban Maisonet	7:00-8:00pm POWER YOGA Kiersten	5:00 - 7:00pm BOXING- KIDS* Coach Mike	11:00-Noon PURE STRENGTH Ryan	11:00-1:00pm AIKIDO * Bushwick Dojo
6:30-8:30pm AIKIDO * Bushwick Dojo	7:00-8:00pm BOXING- ADULTS* Coach Mike	7:30-8:30pm AIKIDO * Bushwick Dojo		5:30-8:15pm MUAY THAI* Kru Esteban Maisonet	11:00-Noon YOGA Azzure	12:00-1:00pm SPARTAN WORKOUT Ryan
7:00-8:00pm BOXING- ADULTS* Coach Mike	7:00-7:45pm ABS Benny	7:00-8:00pm BOXING- ADULTS* Coach Mike		6:30-8:30pm AIKIDO * Bushwick Dojo	12:00-1:00pm TRX Ryan	12:00-1:00pm BAPTISTE POWER VINYASA Marina
7:00-8:00pm P 90X Ed	7:00-8:00pm YOGA FOR ALL Leyla	7:00-8:00pm ABS AND GLUTES Benny		7:00-8:00pm BOXING- ADULTS* Coach Mike	12:00-1:00pm BOXING Juan	12:00-1:00pm BOXING WORKOUT Juan
7:00-8:00pm POWER YOGA Marina	8:00-9:00pm P90X Benny	8:00-8:45pm SPIN Debora		7:00-8:00pm INSANITY Benny		12:30-2:30pm MUAY THAI* Kru Esteban
8:00-9:00pm CORE STRENGTH Ed						

***FIRST CLASS
FREE**

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

WE WISH YOU A NEW YEAR FULL OF PEACE, LOVE, HEALTH AND HAPPINESS