

Class Schedule December 2016

Green Fitness Studio Hours: Monday –Friday 6am –10pm Saturday 9am–6pm Sunday 9am –8pm

232 Varet Street, Brooklyn NY 11206 347-599-0667

info@greenfitnessstudio.com

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> | <u>Sunday</u> |
|--|--|---|--|---|--|--|
| | 7:00-8:00am Alignment Flow Yoga Malin | 7:00-8:00am P90X Benny | 7:00-8:00am Pilates Malin | | 9:00-10:00am P 90X Jenny | |
| 10:00-11:00am Vinyasa Flow Emma | 10:00-11:00am Vinyasa Yoga Nathan | 10:00-11:00am Alignment Flow Yoga Nathan | 10:00-11:00am Vinyasa Yoga Nathan | 10:00-11:00am Vinyasa Yoga Jeny | 10:00-11:00am Abs Ed | 10:00-11:00am P90x Ed |
| | 6:00-7:00pm Boxing Workout Raul | | 6:00-7:00pm Boxing Raul | 6:00-7:00pm Full Barre Pilates Malin | 10:00-11:00am Hot Vinyasa Flow Azzure | 10:00-11:00am Barre Pilates Malin |
| 7:00-8:00pm P 90X Ed | 7:00-7:45pm Abs Benny | 7:00-8:00pm Yin/Yang Yoga Svetlana | 7:15-8:00pm Abs Ed | 7:00-8:00pm Power Yoga Malin | 11:00-Noon Pilates Malin | 11:00-11:45am Spin Debora |
| 7:30-8:30pm Pilates Malin | 7:00-8:00pm Pilates Mat Malin | 7:00-8:00pm Strength from the Core Ryan | 7:00-8:00pm Pilates Malin | 7:00-8:00pm Insanity Benny | 11:00-Noon Pure Strength Ryan | 11:00- Noon Pilates Malin |
| 8:00-9:00pm Strength from the Core Ed | 8:00-9:00pm Yoga for Bro's Emma | 8:00-9:00pm Bootcamp Jahar | 8:00-8:45pm Spin Debora | | 11:00 AM – Noon Insanity Tricia | Noon-1:00pm Spartan Workout Ryan |
| 8:30-9:30pm Foam Roller Stretch Malin | 8:00-9:00pm P90X Benny | 8:00-9:00pm Sweaty Wednesday Dance Malin | | | Noon-1:00pm TRX Ryan | Noon-1:00pm Vinyasa Yoga Malin |
| | | | | | Noon-1:00pm Boxing Juan | Noon –1:00pm Boxing Workout Juan |
| | | | | | Noon-1:00pm Yoga Stretch: Intro to Flexibility Azzure | |

REFER A FRIEND and GET A MONTH FREE REFER 12 FRIENDS GET A YEAR FOR FREE

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

We want your comments and suggestions. Please help us enhance your fitness experience speak to the front desk or email

Info@greenfitnessstudio.com