

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

10:00-11:00am  
**VINYASA FLOW**  
 Emma

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

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

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

7:00-8:00pm  
**P 90X**  
 Ed

8:00 – 9:00 PM  
**POWER YOGA**  
 Marina

8:00-9:00pm  
**CORE STRENGTH**  
 Ed

8:00 – 9:00 PM  
**SPIN**  
 Orlando

**TUESDAY**  
 10:00-11:00am  
**VINYASA YOGA**  
 Emma

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

7:00-8:00pm  
**YOGA FOR ALL**  
 Leyla

8:00-9:00pm  
**P90X**  
 Benny

8:00-9:00pm  
**MAT PILATES**  
 Madeleine

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

10:00-11:00am  
**ALIGNMENT FLOW**  
**YOGA**  
 Nathan

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  
**ABS AND GLUTES**  
 Benny

8:00-8:45pm  
**SPIN**  
 Debora

**THURSDAY**  
 12:00-1:00PM  
**MAT PILATES**  
 Madeleine

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

6:00-7:00pm  
**BOXING WORKOUT**  
 Raul

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

7:00-8:00pm  
**POWER YOGA**  
 Kiersten

8:00 – 9:00 PM  
**SPIN**  
 Orlando

8:00 – 9:00 PM  
**SALSA**  
 Georgios

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

10:00-11:00am  
**VINYASA YOGA**  
 Emma

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

6:00 – 7:00pm  
**ZUMBA**  
 Milky

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

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

7:00-8:00pm  
**INSANITY**  
 Benny

**SATURDAY**  
 9:00-10:00am  
**P 90X**  
 Benny

10:00-11:00am  
**ABS**  
 Ed

10:00-11:00am  
**HOT VINYASA FLOW**  
 Azzure

11:00-Noon  
**PURE STRENGTH**  
 Ryan

11:00-Noon  
**YOGA**  
 Azzure

12:00-1:00pm  
**TRX**  
 Ryan

12:00-1:00pm  
**BOXING**  
 Juan

**SUNDAY**  
 10:00- 11:00 am  
**FLOW AND RESTORE**  
 Kiersten

11:00-11:45am  
**SPIN**  
 Debora

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

11:00-1:00pm  
**AIKIDO \***  
 Bushwick Dojo

12:00-1:00pm  
**SPARTAN WORKOUT**  
 Ryan

12:00-1:00pm  
**BAPTISTE POWER**  
**VINYASA**  
 Marina

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.

**BRING YOUR FRIEND TO 3 CLASSES FOR FREE / REFER A FRIEND AND GET 1 MONTH REWARD**