

Class Schedule May 2017

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 Power Yoga Emma				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 Emma	10:00–11:00am Vinyasa Yoga Nathan	10:00–11:00am Vinyasa Yoga Emma	10:00-11:00am Abs Ed	10:00– 11:00 am Flow and Restore Emma
5:00 – 7:00pm BOXING FOR KIDS *** Coach Mike		12:00–1:00pm Yoga for the Service Industry Emma			10:00-11:00am Hot Vinyasa Flow Azzure	11:00-11:45am Spin Debora
6:30-8:30pm AIKIDO *** Bushwick Dojo		5:00 – 7:00pm BOXING FOR KIDS *** Coach Mike		5:00 – 7:00pm BOXING FOR KIDS *** Coach Mike	11:00-Noon Yoga Azzure	12:00 –2:00pm BOXING FOR KIDS *** Coach Mike
7:00–8:00pm JIU JITSU Kristin		6:30-8:30pm AIKIDO *** Bushwick Dojo	6:00–7:00pm Boxing Workout Raul	6:30-8:30pm AIKIDO *** Bushwick Dojo	11:00-Noon Pure Strength Ryan	12:00-2:00pm AIKIDO *** Bushwick Dojo
7:00-8:00pm P 90X Ed	6:00–7:00pm Boxing Workout Raul	7:00–8:00pm Self Defense Kristin	7:00-8:00pm Power Yoga Emma	7:00–8:00pm Insanity Benny	11:00 AM – Noon Insanity Tricia	Noon-1:00pm Spartan Workout Ryan
7:30-8:30pm Pilates Kate	7:00-7:45pm Abs Benny	7:00–8:00pm Yin/Yang Yoga Svetlana	7:15-8:00pm Abs Ed		Noon-1:00pm TRX Ryan	Noon-1:00pm Vinyasa Flow for Runners and Cyclists Vindra Dass
8:00-9:00pm Strength from the Core Ed	8:00-9:00pm Yoga for Bro's Emma	7:00-8:00pm Abs and Glutes Debora			Noon-1:00pm Boxing Juan	Noon –1:00pm Boxing Workout Juan
8:30–9:30pm Foam Roller Stretch Kate	8:00-9:00pm P90X Benny	8:00-9:00pm Bootcamp Jahar	8:00-8:45pm Spin Debora		Noon-1:00pm Yoga Stretch: Intro to Flexibility Azzure	

***TRAINER FEES APPLY TO TAKE AIKIDO CLASSES AND BOXING FOR KIDS

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