



# CLASS SCHEDULE FEBRUARY 2019

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM - 9:00AM <b>BOXING- ADULTS*</b> Coach Mike	10:00AM-11:00AM <b>MORNING FLOW</b> Luisa	6:00AM - 9:00AM <b>BOXING- ADULTS*</b> Coach Mike	6:00-8:15pm <b>MUAY THAI *</b> Kru Esteban Maisonet	6:00AM - 9:00AM <b>BOXING- ADULTS*</b> Coach Mike	9:30-10:30am <b>Bootcamp</b> Orlando	10:00- 11:00 am <b>FLOW AND RESTORE</b> Luisa
5:00 - 7:00pm <b>BOXING- KIDS*</b> Coach Mike	6:00-8:15pm <b>MUAY THAI *</b> Kru Esteban Maisonet	5:00 - 7:00pm <b>BOXING- KIDS *</b> Coach Mike	7:00-7:45pm <b>ABS AND GLUTES</b> Benny	5:00 - 7:00pm <b>BOXING- KIDS*</b> Coach Mike	10:00-11:00am <b>FLOW AND RESTORE</b> Luisa	11:00-11:45am <b>SPIN</b> Debora
6:00-8:15pm <b>MUAY THAI *</b> Kru Esteban Maisonet	6:00-7:00pm <b>BOXING WORKOUT</b> Raul	6:00-8:15pm <b>MUAY THAI *</b> Kru Esteban	7:00-8:00pm <b>BOXING- ADULTS*</b> Coach Mike	6:00-7:00pm <b>BOXING WORKOUT</b> Raul	11:00-Noon <b>PURE STRENGTH</b> Ryan	12:00 -2:00pm <b>BOXING- KIDS *</b> Coach Mike
7:00-8:00pm <b>AIKIDO *</b> Bushwick Dojo	7:00-8:00pm <b>BOXING- ADULTS*</b> Coach Mike	7:00-8:00pm <b>AIKIDO *</b> Bushwick Dojo	7:30-9:00pm <b>AIKIDO *</b> Andrew	6:30-7:30pm <b>AIKIDO *</b> Bushwick Dojo	12:00-1:00pm <b>TRX</b> Ryan	11:00-12:00pm <b>AIKIDO *</b> Bushwick Dojo
7:00-8:00pm <b>BOXING- ADULTS*</b> Coach Mike	7:00-7:45pm <b>ABS</b> Benny	7:00-8:00pm <b>YOGA FOR ALL</b> Rob	8:00 - 9:00 PM <b>SPIN</b> Orlando	7:00-8:00pm <b>BOXING- ADULTS*</b> Coach Mike	12:00-1:00pm <b>BOXING</b> Juan	12:00-1:00pm <b>SPARTAN WORKOUT</b> Ryan
7:00-8:00pm <b>YOGA FOR ALL</b> Luisa	7:30-9:00pm <b>AIKIDO *</b> Andrew	7:00-8:00pm <b>BOXING- ADULTS*</b> Coach Mike	8:00 - 9:00 PM <b>SALSA</b> Georgios	7:00-8:00pm <b>INSANITY</b> Benny	12:00-3:00pm <b>AIKIDO *</b> Andrew	12:00-1:00pm <b>BOXING WORKOUT</b> Juan
8:00 - 9:30 PM <b>CYCLE &amp; CIRCUIT</b> Orlando	8:00-9:00pm <b>P90X</b> Benny	8:00-8:45pm <b>SPIN</b> Debora				12:30-2:30pm <b>MUAY THAI*</b> Kru Esteban
		8:00-9:00pm <b>PILATES</b> Chana				<b>*FIRST CLASS FREE</b>

**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**