

Class Schedule March 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 Alignment Flow Yoga 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 Emma	10:00-11:00am Abs Ed	10:00-11:00am Barre Pilates Malin
6:00–7:00pm JIU JITSU Kristin	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	11:00-11:45am Spin Debora
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– Noon Pilates Malin
7:30-8:30pm Pilates Malin	7:00-8:00pm Pilates Mat Malin	7:00-8:00pm Abs and Glutes Debora	7:00-8:00pm Pilates Malin	7:00–8:00pm Insanity Benny	11:00 AM – Noon Insanity Tricia	Noon-1:00pm Spartan Workout Ryan
8:00-9:00pm Spin Barrel	8:00-9:00pm Spin Barrel	8:00-9:00pm Bootcamp Jahar	8:00-8:45pm Spin Debora	8:00-9:00pm Spin Barrel	11:00 AM – Noon Insanity Tricia	Noon-1:00pm Vinyasa Yoga Malin
8:00-9:00pm Strength from the Core Ed	8:00-9:00pm Yoga for Bro's Emma	8:00-9:00pm Sweaty Wednesday Dance Malin			Noon-1:00pm TRX Ryan	Noon –1:00pm Boxing Workout Juan
8:30–9:30pm Foam Roller Stretch Malin	8:00-9:00pm P90X Benny				Noon-1:00pm Boxing Juan	
					Noon-1:00pm Yoga Stretch: Intro to Flexibility Azzure	

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

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