

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM – 9:00AM BOXING- ADULTS* Coach Mike	10:00-11:00am VINYASA YOGA Sasha	6:00AM – 9:00AM BOXING- ADULTS* Coach Mike	6:00-8:15pm MUAY THAI * Kru Esteban Maisonet	6:00AM – 9:00AM BOXING- ADULTS* Coach Mike	9:00-10:00am P 90X Benny	10:00- 11:00 am FLOW AND RESTORE Kiersten
10:00-11:00am VINYASA FLOW Emma	6:00-8:15pm MUAY THAI * Kru Esteban Maisonet	10:00-11:00am ALIGNMENT FLOW YOGA Nathan	6:00-7:00pm BOXING WORKOUT Raul	10:00-11:00am VINYASA YOGA Emma	10:00-11:00am ABS Ed	11:00-11:45am SPIN Debora
5:00 – 7:00pm BOXING- KIDS* Coach Mike	6:00-7:00pm BOXING WORKOUT Raul	5:00 – 7:00pm BOXING- KIDS * Coach Mike	7:00-8:00pm BOXING- ADULTS* Coach Mike	5:00 – 7:00pm BOXING- KIDS* Coach Mike	10:00-11:00am HOT VINYASA FLOW Azzure	12:00 –2:00pm BOXING- KIDS * Coach Mike
6:00 – 6:50pm ZUMBA Milky	7:00-8:00pm BOXING- ADULTS* Coach Mike	6:00-8:15pm MUAY THAI * Kru Esteban	7:30-9:00pm AIKIDO * Andrew	6:30-7:30pm AIKIDO * Bushwick Dojo	11:00-Noon PURE STRENGTH Ryan	11:00-1:00pm AIKIDO * Bushwick Dojo
6:00-8:15pm MUAY THAI * Kru Esteban Maisonet	7:00-7:45pm ABS Benny	7:00-8:00pm MAT PILATES Madeleine	7:00-8:00pm POWER YOGA Kiersten	7:00-8:00pm BOXING- ADULTS* Coach Mike	11:00-Noon YOGA Azzure	12:00-1:00pm SPARTAN WORKOUT Ryan
7:00-8:00pm BOXING- ADULTS* Coach Mike	7:00-8:00pm YOGA FOR ALL Ibby	7:00-8:00pm AIKIDO * Bushwick Dojo	8:00 – 9:00 PM SPIN Orlando	7:00-8:00pm INSANITY Benny	12:00-1:00pm TRX Ryan	12:00-1:00pm BAPTISTE POWER VINYASA Marina
8:00 – 9:00 PM POWER YOGA Marina	7:30-9:00pm AIKIDO * Andrew	7:00-8:00pm BOXING- ADULTS* Coach Mike	8:00 – 9:00 PM SALSA Georgios		12:00-1:00pm BOXING Juan	12:00-1:00pm BOXING WORKOUT Juan
8:00 – 9:00 PM SPIN Orlando	8:00-9:00pm P90X Benny	7:00-8:00pm ABS AND GLUTES Benny			12:00-3:00pm AIKIDO * Andrew	12:30-2:30pm MUAY THAI* Kru Esteban
	8:00-9:00pm MAT PILATES Madeleine	8:00-8:45pm SPIN Debora				

*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