



CLASS SCHEDULE APRIL 2019

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

232 Varet Street, Brooklyn NY 11206 347-599-0667 info@greenfitnessstudio.com www.greenfitnessstudio.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM – 9:00AM BOXING- ADULTS* Coach Mike	7:00-7:45AM ABS AND GLUTES Benny (as of 03/12)	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	9:30-10:30am Bootcamp Orlando	10:00- 11:00 am FLOW AND RESTORE Luisa
5:00 – 7:00pm BOXING- KIDS* Coach Mike	10:00AM-11:00AM MORNING FLOW Luisa	5:00 – 7:00pm BOXING- KIDS * Coach Mike	7:00-7:45pm ABS AND GLUTES Benny	5:00 – 7:00pm BOXING- KIDS* Coach Mike	10:00-11:00am FLOW AND RESTORE Luisa	11:00-11:45am SPIN Debora
6:00-8:15pm MUAY THAI * Kru Esteban Maisonet	6:00-8:15pm MUAY THAI * Kru Esteban Maisonet	6:00-8:15pm MUAY THAI * Kru Esteban	7:00-8:00pm BOXING- ADULTS* Coach Mike	6:00-7:00pm BOXING WORKOUT Raul	11:00-Noon PURE STRENGTH Ryan	12:00 –2:00pm BOXING- KIDS * Coach Mike
7:00-8:00pm BOXING- ADULTS* Coach Mike	6:00-7:00pm BOXING WORKOUT Raul	7:00-8:00pm AIKIDO * Bushwick Dojo	7:30-9:00pm AIKIDO * Andrew	6:30-7:30pm AIKIDO * Bushwick Dojo	12:00-1:00pm TRX Ryan	11:00-12:00pm AIKIDO * Bushwick Dojo
7:00-8:00pm YOGA FOR ALL Luisa	7:00-8:00pm BOXING- ADULTS* Coach Mike	7:00-8:00pm YOGA FOR ALL Liza	8:00 – 9:00 PM SPIN Orlando	7:00-8:00pm BOXING- ADULTS* Coach Mike	12:00-1:00pm BOXING Juan	12:00-1:00pm SPARTAN WORKOUT Ryan
8:00 – 9:30 PM CYCLE & CIRCUIT Orlando	7:00-7:45pm ABS Benny	7:00-8:00pm BOXING- ADULTS* Coach Mike		7:00-8:00pm INSANITY Benny	12:00-3:00pm AIKIDO * Andrew	12:00-1:00pm BOXING WORKOUT Juan
	7:30-9:00pm AIKIDO * Andrew	8:00-8:45pm SUMMER BODY BOOTCAMP Gina				12:30-2:30pm MUAY THAI* Kru Esteban
	8:00-9:00pm P90X Benny	8:00-9:00pm PILATES Chana				

*FIRST CLASS FREE

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