

Class Schedule April 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
5:00 – 7:00pm BOXING FOR KIDS *** Coach Mike		5:00 – 7:00pm BOXING FOR KIDS *** Coach Mike		5:00 – 7:00pm BOXING FOR KIDS *** Coach Mike	10:00-11:00am Hot Vinyasa Flow Azzure	11:00-11:45am Spin Debora
6:00-7:00pm JIU JITSU Kristin	6:00-7:00pm Boxing Workout Raul	6:00-7:00pm Self Defense Kristin	6:00-7:00pm Boxing Workout Raul	6:00-7:00pm Full Barre Pilates Malin	11:00-Noon Pilates Malin	11:00- Noon Pilates Malin
7:00-9:00pm AIKIDO *** Brooklyn Aikido Team	7:00-7:45pm Abs Benny	7:00-9:00pm AIKIDO *** Brooklyn Aikido Team	7:15-8:00pm Abs Ed	7:00-9:00pm AIKIDO *** Brooklyn Aikido Team	11:00-Noon Pure Strength Ryan	12:00 –2:00pm BOXING FOR KIDS *** Coach Mike
7:00-8:00pm P 90X Ed	7:00-8:00pm Pilates Mat Malin	7:00-8:00pm Yin/Yang Yoga Svetlana	7:00-8:00pm Pilates Malin	7:00-8:00pm Power Yoga Malin	11:00 AM – Noon Insanity Tricia	2:00-4:00pm AIKIDO *** Brooklyn Aikido Team
7:30-8:30pm Pilates Malin	8:00-9:00pm Yoga for Bro's Emma	7:00-8:00pm Abs and Glutes Debora	8:00-8:45pm Spin Debora	7:00-8:00pm Insanity Benny	Noon-1:00pm TRX Ryan	Noon-1:00pm Spartan Workout Ryan
8:00-9:00pm Strength from the Core Ed	8:00-9:00pm P90X Benny	8:00-9:00pm Bootcamp Jahar			Noon-1:00pm Boxing Juan	Noon-1:00pm Vinyasa Yoga Malin
8:30-9:30pm Foam Roller Stretch Malin		8:00-9:00pm Sweaty Wednesday Dance Malin			Noon-1:00pm Yoga Stretch: Intro to Flexibility Azzure	Noon –1:00pm Boxing Workout Juan

***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