

| 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 Sasha | 6:00-8:15pm MUAY THAI * Kru Esteban Maisonet | 10:00-11:00am ALIGNMENT FLOW YOGA Nathan | 6:00-7:00pm BOXING WORKOUT Raul | 5:00 - 7:00pm BOXING- KIDS* Coach Mike | 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 | 6:30-7:30pm AIKIDO * Bushwick Dojo | 10:00-11:00am HOT VINYASA FLOW Azzure | 12:00 -2:00pm BOXING- KIDS * Coach Mike |
| 6:00-8:15pm MUAY THAI * Kru Esteban Maisonet | 7:00-8:00pm BOXING- ADULTS* Coach Mike | 6:00-8:15pm MUAY THAI * Kru Esteban | 7:30-9:00pm AIKIDO * Andrew | 7:00-8:00pm BOXING- ADULTS* Coach Mike | 11:00-Noon PURE STRENGTH Ryan | 11:00-1:00pm AIKIDO * Bushwick Dojo |
| 7:00-8:00pm BOXING- ADULTS* Coach Mike | 7:00-7:45pm ABS Benny | 7:00-8:00pm MAT PILATES Madeleine | 7:00-8:00pm POWER YOGA Kiersten | 7:00-8:00pm INSANITY Benny | 11:00-Noon YOGA Azzure | 12:00-1:00pm SPARTAN WORKOUT Ryan |
| 8:00 - 9:00 PM POWER YOGA Marina | 7:00-8:00pm YOGA FOR ALL Ibby | 7:00-8:00pm AIKIDO * Bushwick Dojo | 8:00 - 9:00 PM SPIN Orlando | | 12:00-1:00pm TRX Ryan | 12:00-1:00pm BAPTISTE POWER VINYASA Marina |
| 8:00 - 9:00 PM SPIN Orlando | 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 |
| | 8:00-9:00pm 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.

REFER A FRIEND AND GET 1 MONTH REWARD, REFER 12 FRIENDS AND GET 1 YEAR FREE

***TRAINER FEES APPLY TO TAKE AIKIDO CLASSES AND "COACH MIKE" BOXING CLASSES**

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

