

# CLASS SCHEDULE AUGUST 2017

Business Hours: Monday –Friday 6am –10pm Saturday 9am–6pm Sunday 9am –8pm

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| <u>MONDAY</u>   | <u>TUESDAY</u>                                  | <u>WEDNESDAY</u>  | <u>THURSDAY</u>                                | <u>FRIDAY</u>   | <u>SATURDAY</u>                                    | <u>SUNDAY</u>   |
|---|---|---|--|---|--|---|
| 10:00-11:00am<br><b>Vinyasa Flow</b><br>Emma              | 10:00-11:00am<br><b>Vinyasa Yoga</b><br>Nathan  | 10:00-11:00am<br><b>Alignment Flow Yoga</b><br>Emma     | 10:00-11:00am<br><b>Vinyasa Yoga</b><br>Nathan | 10:00-11:00am<br><b>Vinyasa Yoga</b><br>Emma            | 9:00-10:00am<br><b>P 90X</b><br>Benny              |   |
| 11:00-12:00M<br><b>Insanity</b><br>Ed                     |   |   | 11:15-12:00M<br><b>Abs</b><br>Ed               |   | 10:00-11:00am<br><b>Abs</b><br>Ed                  | 10:00- 11:00 am<br><b>Flow and Restore</b><br>Emma                          |
| 5:00 – 7:00pm<br><b>BOXING FOR KIDS ***</b><br>Coach Mike |   | 5:00 – 7:00pm<br><b>BOXING FOR KIDS *</b><br>Coach Mike |  | 5:00 – 7:00pm<br><b>BOXING FOR KIDS *</b><br>Coach Mike | 10:00-11:00am<br><b>Hot Vinyasa Flow</b><br>Azzure |   |
|   | 6:00-7:00pm<br><b>Boxing Workout</b><br>Raul    |   | 6:00-7:00pm<br><b>Boxing Workout</b><br>Raul   |   | 11:00-Noon<br><b>Pure Strength</b><br>Ryan         | 11:00-11:45am<br><b>Spin</b><br>Debora                                      |
| 6:30-8:30pm<br><b>AIKIDO *</b><br>Bushwick Dojo           | 6:30-8:30pm<br><b>AIKIDO *</b><br>Bushwick Dojo | 6:30-8:30pm<br><b>AIKIDO *</b><br>Bushwick Dojo         |  | 6:30-8:30pm<br><b>AIKIDO *</b><br>Bushwick Dojo         | 11:00-Noon<br><b>Yoga</b><br>Azzure                |   |
| 7:00-8:00pm<br><b>BOXING FOR ADULTS*</b><br>Coach Mike    |   | 7:00-8:00pm<br><b>BOXING FOR ADULTS*</b><br>Coach Mike  |  | 7:00-8:00pm<br><b>BOXING FOR ADULTS*</b><br>Coach Mike  | 11:00 AM – Noon<br><b>Insanity</b><br>Tricia       |   |
| 7:00-8:00pm<br><b>P 90X</b><br>Ed                         | 7:00-7:45pm<br><b>Abs</b><br>Benny              | 7:00-8:00pm<br><b>Yin/Yang Yoga</b><br>Svetlana         | 7:00-8:00pm<br><b>Power Yoga</b><br>Emma       | 7:00-8:00pm<br><b>Insanity</b><br>Benny                 | 12:00-1:00pm<br><b>TRX</b><br>Ryan                 | 12:00 –2:00pm<br><b>BOXING FOR KIDS *</b><br>Coach Mike                     |
| 7:30-8:30pm<br><b>Pilates</b><br>Kate                     |   | 7:00-8:00pm<br><b>Abs and Glutes</b><br>Debora          | 7:15-8:00pm<br><b>Abs</b><br>Ed                |   | 12:00-1:00pm<br><b>Boxing</b><br>Juan              | 12:00-2:00pm<br><b>AIKIDO *</b><br>Bushwick Dojo                            |
| 8:00-9:00pm<br><b>Strength from the Core</b><br>Ed        | 8:00-9:00pm<br><b>Yoga for Bro's</b><br>Emma    | 8:00-8:45pm<br><b>Spin</b><br>Debora                    |  |   |  | 12:00-1:00pm<br><b>Spartan Workout</b><br>Ryan                              |
| 8:30-9:30pm<br><b>Foam Roller Stretch</b><br>Kate         | 8:00-9:00pm<br><b>P90X</b><br>Benny             |   |  |   |  | 12:00-1:00pm<br><b>Vinyasa Flow for Runners and Cyclists</b><br>Vindra Dass |
|   |   |   |  |   |  | 12:00-1:00pm<br><b>Boxing Workout</b><br>Juan                               |

**\*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](mailto:Info@greenfitnessstudio.com)