

**MONDAY**  
6:00AM – 9:00AM  
**BOXING- ADULTS\***  
Coach Mike

12-1:30PM  
**MMA ARJANG**  
Dynamic Fitness

5:00 – 7:00pm  
**BOXING- KIDS\***  
Coach Mike

6:00-8:15pm  
**MUAY THAI \***  
Kru Esteban  
Maisonet

7:00-8:00pm  
**BOXING- ADULTS\***  
Coach Mike

7:00-8:00pm  
**YOGA FOR ALL**  
Liza

8:00 – 9:30 PM  
**CYCLE & CIRCUIT**  
Orlando

**TUESDAY**  
7:00-7:45AM  
**ABS AND GLUTES**  
Benny

6:00-8:15pm  
**MUAY THAI \***  
Kru Esteban  
Maisonet

6:00-7:00pm  
**BOXING WORKOUT**  
Raul

7:00-8:00pm  
**BOXING- ADULTS\***  
Coach Mike

7:30-8:10pm  
**ABS**  
Benny

7:30-9:00pm  
**AIKIDO \***  
Andrew

8:15-9:15pm  
**P90X**  
Benny

**WEDNESDAY**  
6:00AM – 9:00AM  
**BOXING- ADULTS\***  
Coach Mike

12-1:30PM  
**MMA ARJANG**  
Dynamic Fitness

5:00 – 7:00pm  
**BOXING- KIDS \***  
Coach Mike

6:00-8:15pm  
**MUAY THAI \***  
Kru Esteban

7:00-8:00pm  
**AIKIDO \***  
Bushwick Dojo

7:00-8:00pm  
**YOGA FOR ALL**  
Liza

7:00-8:00pm  
**BOXING- ADULTS\***  
Coach Mike

8:00-9:00pm  
**TRIMPOLINE**  
Gina

**THURSDAY**  
6:00-8:15pm  
**MUAY THAI \***  
Kru Esteban  
Maisonet

7:30-8:15pm  
**ABS AND GLUTES**  
Benny

7:00-8:00pm  
**BOXING- ADULTS\***  
Coach Mike

7:30-9:00pm  
**AIKIDO \***  
Andrew

8:00 – 9:00PM  
**SPIN**  
Orlando

**FRIDAY**  
6:00AM – 9:00AM  
**BOXING- ADULTS\***  
Coach Mike

5:00 – 7:00pm  
**BOXING- KIDS\***  
Coach Mike

6:00-7:00pm  
**BOXING WORKOUT**  
Raul

6:30-7:30pm  
**AIKIDO \***  
Bushwick Dojo

7:00-8:00pm  
**BOXING- ADULTS\***  
Coach Mike

7:00-8:00pm  
**INSANITY**  
Benny

**SATURDAY**  
9:30-10:30am  
**BOOTCAMP**  
Orlando

10:00-11:00am  
**TRX**  
Max

10:00-11:00am  
**FLOW AND RESTORE**  
Luisa

10:30AM-12PM  
**MMA ARJANG**  
Dynamic Fitness

11:00-Noon  
**PURE STRENGTH**  
Ryan

12:00-1:00pm  
**TRX**  
Ryan

12:00-1:00pm  
**BOXING**  
Juan

12:00-3:00pm  
**AIKIDO \***  
Andrew

**SUNDAY**  
10:00- 11:00 am  
**OUTDOOR YOGA**  
Luisa

11-11:45am  
**SPIN**  
Debora

11-11:45am  
**YOGA**  
Debora

12:00 –2:00pm  
**BOXING- KIDS \***  
Coach Mike

11:00-12:00pm  
**AIKIDO \***  
Bushwick Dojo

10:00-11:00am  
**SPARTAN WORKOUT**  
Ryan

12:00-1:00pm  
**BOXING WORKOUT**  
Juan

12:30-2:30pm  
**MUAY THAI\***  
Kru Esteban

FIRST CLASS FREE

ALL RED CLASSES INCLUDED IN YOUR MEMBERSHIP / REFER A FRIEND AND GET 1 MONTH FREE

