

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	6:00-8:15pm MUAY THAI * Kru Esteban Maisonet	6:00AM - 9:00AM BOXING- ADULTS* Coach Mike	9:30-10:00am Bootcamp Orlando	10:00- 11:00 am FLOW AND RESTORE Kiersten
5:00 - 7:00pm BOXING- KIDS* Coach Mike	6:00-7:00pm BOXING WORKOUT Raul	5:00 - 7:00pm BOXING- KIDS * Coach Mike	6:00-7:00pm BOXING WORKOUT Raul	5:00 - 7:00pm BOXING- KIDS* Coach Mike	10:00-11:00am HOT VINYASA FLOW Azzure	11:00-11:45am SPIN Debora
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	7:00-7:45pm ABS AND GLUTES Benny	6:30-7:30pm AIKIDO * Bushwick Dojo	11:00-Noon PURE STRENGTH Ryan	12:00 -2:00pm BOXING- KIDS * Coach Mike
7:00-8:00pm BOXING- ADULTS* Coach Mike	7:00-7:45pm ABS Benny	7:00-8:00pm AIKIDO * Bushwick Dojo	7:00-8:00pm BOXING- ADULTS* Coach Mike	7:00-8:00pm BOXING- ADULTS* Coach Mike	11:00-Noon YOGA Azzure	11:00-1:00pm AIKIDO * Bushwick Dojo
8:00 - 9:30 PM CYCLE & CIRCUIT Orlando	7:30-9:00pm AIKIDO * Andrew	7:00-8:00pm YOGA FOR ALL Luisa	7:30-9:00pm AIKIDO * Andrew	7:00-8:00pm INSANITY Benny	12:00-1:00pm TRX Ryan	12:00-1:00pm SPARTAN WORKOUT Ryan
	8:00-9:00pm P90X Benny	7:00-8:00pm BOXING- ADULTS* Coach Mike	8:00 - 9:00 PM SPIN Orlando		12:00-1:00pm BOXING Juan	12:00-1:00pm BOXING WORKOUT Juan
		8:00-8:45pm SPIN Debora	8:00 - 9:00 PM SALSA Georgios		12:00-3:00pm AIKIDO * Andrew	12:30-2:30pm MUAY THAI* Kru Esteban

*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