

CLASS SCHEDULE SEPTEMBER 2017

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

232 Varet Street, Brooklyn NY 11206 347-599-0667

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