

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

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

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

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

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

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

7:00–8:00pm  
**YOGA FOR ALL**  
 Sarah

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

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

10:30AM-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  
**YOGA**  
 Sarah

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

12-1PM  
**YOGA**  
 Luisa

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

