

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM - 9:00AM <b>BOXING- ADULTS*</b> Coach Mike	10:00-11:00am <b>VINYASA YOGA</b> Emma	6:00AM - 9:00AM <b>BOXING- ADULTS*</b> Coach Mike	10:00-11:00am <b>VINYASA YOGA</b> Nathan	6:00AM - 9:00AM <b>BOXING- ADULTS*</b> Coach Mike	9:00-10:00am <b>P 90X</b> Benny	10:00- 11:00 am <b>FLOW AND RESTORE</b> Kiersten
7:30AM - 8:30AM <b>SPIN</b> Orlando	5:30-8:15pm <b>MUAY THAI *</b> Kru Esteban Maisonet	10:00-11:00am <b>ALIGNMENT FLOW YOGA</b> Nathan	5:30-8:15pm <b>MUAY THAI*</b> Kru Esteban Maisonet	7:30AM - 8:30AM <b>SPIN</b> Orlando	10:00-11:00am <b>ABS</b> Ed	11:00-11:45am <b>SPIN</b> Debora
10:00-11:00am <b>VINYASA FLOW</b> Emma	6:00-7:00pm <b>BOXING WORKOUT</b> Raul	5:00 - 7:00pm <b>BOXING- KIDS *</b> Coach Mike	6:00-7:00pm <b>BOXING WORKOUT</b> Raul	10:00-11:00am <b>VINYASA YOGA</b> Emma	10:00-11:00am <b>HOT VINYASA FLOW</b> Azzure	12:00 -2:00pm <b>BOXING- KIDS *</b> Coach Mike
5:00 - 7:00pm <b>BOXING- KIDS*</b> Coach Mike		5:30-8:15pm <b>MUAY THAI *</b> Kru Esteban Maisonet	7:00-8:00pm <b>BOXING- ADULTS*</b> Coach Mike	5:00 - 7:00pm <b>BOXING- KIDS*</b> Coach Mike	11:00-Noon <b>PURE STRENGTH</b> Ryan	11:00-1:00pm <b>AIKIDO *</b> Bushwick Dojo
6:30-8:30pm <b>AIKIDO *</b> Bushwick Dojo	7:00-8:00pm <b>BOXING- ADULTS*</b> Coach Mike	7:30-8:30pm <b>AIKIDO *</b> Bushwick Dojo	7:00-8:00pm <b>POWER YOGA</b> Kiersten	5:30-8:15pm <b>MUAY THAI*</b> Kru Esteban Maisonet	11:00-Noon <b>YOGA</b> Azzure	12:00-1:00pm <b>SPARTAN WORKOUT</b> Ryan
7:00-8:00pm <b>BOXING- ADULTS*</b> Coach Mike	7:00-7:45pm <b>ABS</b> Benny	7:00-8:00pm <b>BOXING- ADULTS*</b> Coach Mike	7:15-8:00pm <b>ABS</b> Ed	6:30-8:30pm <b>AIKIDO *</b> Bushwick Dojo	11:00 AM - Noon <b>INSANITY</b> Tricia	12:00-1:00pm <b>BAPTISTE POWER VINYASA</b> Marina
7:00-8:00pm <b>P 90X</b> Ed	7:00-8:00pm <b>YOGA FOR ALL</b> Leyla	7:00-8:00pm <b>ABS AND GLUTES</b> Benny		7:00-8:00pm <b>BOXING- ADULTS*</b> Coach Mike	12:00-1:00pm <b>TRX</b> Ryan	12:00-1:00pm <b>BOXING WORKOUT</b> Juan
7:00-8:00pm <b>POWER YOGA</b> Marina	8:00-9:00pm <b>P90X</b> Benny	7:00-8:00pm <b>YIN YOGA</b> Svetlana		7:00-8:00pm <b>INSANITY</b> Benny	12:00-1:00pm <b>BOXING</b> Juan	12:30-2:30pm <b>MUAY THAI*</b> Kru Esteban
8:00-9:00pm <b>CORE STRENGTH</b> Ed		8:00-8:45pm <b>SPIN</b> Debora				
8:00-9:00pm <b>HOT YOGA</b> /Marina						<b>*FIRST CLASS FREE</b>

**Note:** Although we try; classes and Instructors subject to change with notice on our website and Twitter /Facebook account with apologies.

**HAPPY HOLIDAYS! WE WISH YOU PEACE, LOVE, HEALTH AND HAPPINESS**