

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

10:00-11:00am
VINYASA FLOW
 Sasha

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

8:00 – 9:00 PM
POWER YOGA
 Marina

8:00 – 9:00 PM
SPIN
 Orlando

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

6:00-7:00pm
BOXING WORKOUT
 Raul

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

7:00-7:45pm
ABS
 Benny

7:00-8:00pm
YOGA FOR ALL
 Ibbly

7:30-9:00pm
AIKIDO *
 Andrew

8:00-9:00pm
P90X
 Benny

8:00-9:00pm
MAT PILATES
 Madeleine

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

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

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

7:00-8:00pm
MAT PILATES
 Madeleine

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

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

7:00-8:00pm
ABS AND GLUTES
 Benny

8:00-8:45pm
SPIN
 Debora

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

6:00-7:00pm
BOXING WORKOUT
 Raul

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

7:30-9:00pm
AIKIDO *
 Andrew

7:00-8:00pm
POWER YOGA
 Kiersten

8:00 – 9:00 PM
SPIN
 Orlando

8:00 – 9:00 PM
SALSA
 Georgios

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

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

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

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

7:00-8:00pm
INSANITY
 Benny

SATURDAY
 9:00-10:00am
P 90X
 Benny

10:00-11:00am
HOT VINYASA FLOW
 Azzure

11:00-Noon
PURE STRENGTH
 Ryan

11:00-Noon
YOGA
 Azzure

12:00-1:00pm
TRX
 Ryan

12:00-1:00pm
BOXING
 Juan

12:00-3:00pm
AIKIDO *
 Andrew

SUNDAY
 10:00- 11:00 am
FLOW AND RESTORE
 Kiersten

11:00-11:45am
SPIN
 Debora

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

11:00-1:00pm
AIKIDO *
 Bushwick Dojo

12:00-1:00pm
SPARTAN WORKOUT
 Ryan

12:00-1:00pm
BAPTISTE POWER VINYASA
 Marina

12:00-1:00pm
BOXING WORKOUT
 Juan

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