

# Class Schedule April 2011

Green Fitness Studio Hours: Monday –Friday 6am –10pm Saturday 9am–6pm Sunday 9am –8pm  
232 Varet Street, Brooklyn NY 11206 347-599-0663 info@greenfitnessstudio.com

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
	<b>7:30–8:15 AM</b> <b>CardioSculpt</b> Lisa		<b>7:30–8:15 AM</b> <b>Spin</b> Samantha W	<b>7:30-8:15 AM</b> <b>Spin</b> Sam White		<b>10:00–11:00 AM</b> <b>Yoga Basics</b> Jenny
<b>10:00–11:00 AM</b> <b>Yoga Lab</b> Jenny	<b>10:00-11:00 PM</b> <b>Pilates</b> Teresa	<b>10:00–11:00 AM</b> <b>Vinyasa Yoga</b> Sarah	<b>10:00-11:00 AM</b> <b>Vinyasa Yoga</b> Shanda	<b>10:00-11:00 AM</b> <b>Yoga for Beginners</b> Chris	<b>10:00–11:00 AM</b> <b>Toned &amp; Tall</b> <b>Pilates</b> Teresa	<b>11:00–12:00 PM</b> <b>Pilates</b> Teresa
	<b>12:00-1:15 PM</b> <b>Yoga Level 2</b> Svetlana	<b>6:00-7:00PM</b> <b>Zumba Alive</b> David	<b>12:00-12:30 PM</b> <b>Abs Express</b> Shanda	<b>11:15–12:30 PM</b> <b>Vigorous Vinyasa</b> Chris	<b>11:00–12:00 PM</b> <b>Tai Chi</b> Lydia Wong	<b>12:00-1:00 PM</b> <b>Spin</b> Sam White
<b>7:00-8:00 PM</b> <b>Spin</b> Paul		<b>6:00-7:00 PM</b> <b>Pilates</b> April	<b>6:00-7:00 PM</b> <b>On the Ball Pilates</b> April		<b>12:00–1:00 PM</b> <b>PUMP</b> Shanda	<b>5:00-6:00 PM</b> <b>Mixed Martial Arts</b> Artur
<b>7:00–8:30 PM</b> <b>Pilates</b> April	<b>6:30–7:00 PM</b> <b>Abs Express</b> Shanda		<b>7:00-8:00 PM</b> <b>Spin</b> Sam White	<b>6:30–8:00 PM</b> <b>Vinyasa</b> <b>Yoga/ Restorative</b> Jenny	<b>1:30–2:45 AM</b> <b>Spinning Yoga</b> Shanda	<b>New Changes</b> Great new <b>Tai Chi</b> Saturday at 11
<b>7:30-9:00 PM</b> <b>Sweaty Flow Yoga</b> Benn	<b>7:00-8:00 PM</b> <b>Spin</b> Shanda	<b>7:00-8:00 PM</b> <b>Spin</b> Shanda	<b>7:00–8:00 PM</b> <b>Pilates</b> April	<b>7:00-8:00 PM</b> <b>Strength from the Core</b> Ryan	<b>1:30-3:00 PM</b> <b>Capoeira</b> Galao	<b>Pilates</b> Saturday <b>@ 10 AM</b>
<b>8:00-9:00 PM</b> <b>Strength from the Core</b> Ryan	<b>8:00-9:30 PM</b> <b>Mixed Martial Arts</b> Artur	<b>8:00-9:00 PM</b> <b>Strength from the Core</b> Ryan	<b>8:00–9:00 PM</b> <b>Vinyasa Yoga</b> Jenny	<b>8:00-9:30 PM</b> <b>Alignment Yoga</b> Lou	<b>3:00-4:00 PM</b> <b>Zumba Alive</b> David	<b>SPIN in the AM</b> moved to 7:30
	<b>8:00–9:30 PM</b> <b>Vinyasa Yoga</b> Sarah	<b>8:00-9:00 PM</b> <b>Power Hour</b> <b>Vinyasa Yoga</b> Shanda			<b>3:30–5:00 PM</b> <b>Vinyasa Yoga</b> Jenny	<b>Yoga for Beginners</b> now <b>Friday at 10</b>
						<b>Strength from the Core</b> Wed @ 8 PM

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