

Class Schedule **January 2012**

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>
6:45-7:45 AM AM Spin Francis Benn	6:45-7:45 AM Vinyasa Yoga Jenny	6:45-7:45 AM AM Spin Francis Benn	10:00-11:00 AM Yoga Core Conditioning Shanda	10:00–11:00 AM Sweaty Flow Yoga Benn	10:00-11:00 AM Vinyasa Yoga Jenny	10:00–11:00 AM Yoga Basics Cynthia
10:00–11:00 AM Hatha Yoga Lab Austin	8:30-10:00 AM Cardio Pilates Teresa	10:00–11:00 AM Vinyasa Yoga Sarah	11:00-11:30 AM Abs Express Shanda			11:00 Am–12:00P Power Up Pilates Sara Pauley
6:00-7:00 PM Ultimate KickBoxing Vanessa	10:00-11:00 AM Pilates Teresa	6:00–7:30 PM Vinyasa Yoga Cynthia	6:00-7:00 PM Zumba Mania Marguerite	6:00-7:00 PM Boxing Training Vanessa	1:00 – 2:15 PM 30/30 Spin +Yoga Shanda	12:00 - 1:00 PM Boxing Training Vanessa
6:30–7:30 PM Tai Chi Joseph P.	6:30–7:00 PM Abs Express Shanda	7:00-8:00 PM Spin Shanda	6:00-7:00 PM On the Ball Pilates April	6:00–7:00 PM Vinyasa Yoga Jenny	1:30-3:00 PM Capoeira Galao	1:30-2:30 PM Spin Shanda
7:00-8:00 PM Spin Extreme Cher Martinetti	7:00-8:00 PM Zumba Mania Marguerite	7:00-8:00 PM Ultimate KickBoxing Jill	7:00-8:00 PM Spin Extreme Cher Martinetti			Changes: in Blue
7:30-9:00 PM Sweaty Flow Yoga Benn	7:00-8:00 PM Spin Shanda	8:00-9:00 PM Strength from the Core Ryan	7:00–8:00 PM Pilates April	7:00-8:00 PM Strength from the Core Ryan	3:00–4:15 PM Hot Vinyasa Shanda	JENNY is BACK in BROOKLYN
8:00–9:00 PM Pilates April	8:00-9:30 PM Mixed Martial Arts Artur	8:00–9:00 PM Intermediate Pilates April <u>Experience required</u>	8:00–9:00 PM Vinyasa Yoga Sventlana			<u>You must try KICKBOXING with JILL on WEDNESDAY</u>
8:00-9:00 PM Strength from the Core Ryan	8:00-9:00 PM Power Hour Vinyasa Yoga Shanda		8:45-9:45 PM Capoeira Galao			<u>ZUMBA 2 a week Tues and Thurs</u>

REFER A FRIEND and GET A MONTH FREE REFER 12 FRIENDS GET A YEAR FOR FREE

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