

Class Schedule February 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	8:30-9:30 AM Pilates Teresa	10:00–11:00 AM Vinyasa Yoga Sarah	11:00-11:30 AM Abs Express Shanda	6:00-7:00 PM Boxing Training Vanessa	11:30- 12:30 Pilates Teresa	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	6:00-7:00pm Realistic Self-Defense Mark	6:00–7:00 PM Vinyasa Yoga Jenny	1:00 – 2:15 PM 30/30 Spin +Yoga Shanda	12:00 - 1:00 PM Boxing Training Vanessa
7:00-8:00 PM Spin Extreme Francis Benn	6:00-7:00pm Realistic Self-Defense Mark	7:00-8:00 PM Spin Shanda	6:00-7:00 PM Zumba Mania Marguerite	6:00–7:00 PM Salsa Mambo “on 2” H. Guzman	1:30-3:00 PM Capoeira Galao	1:30-2:15 PM Spin Express Shanda
7:30-9:00 PM Sweaty Flow Yoga Benn	6:30–7:00 PM Abs Express Shanda	7:00-8:00 PM Ultimate KickBoxing Jill	6:00-7:00 PM On the Ball Pilates Teresa	7:00-8:00 PM Strength from the Core Ryan	3:00–4:15 PM Core Conditioning Vinyasa Shanda	Changes: in Blue Salsa Mambo “on 2” with H. Guzman
8:00–9:00 PM Pilates April	7:00-8:00 PM Zumba Mania Marguerite	8:00-9:00 PM Strength from the Core Ryan	7:00-8:00 PM Spin Extreme Lisa	8:00–9:00 PM Intermediate Pilates April Experience required		ZUMBA 2 a week Tues and Thurs
8:00-9:00 PM Strength from the Core	7:00-8:00 PM Spin Shanda		7:00–8:00 PM Pilates Teresa			Realistic Self- Defense with Mark
	8:00-9:30 PM Mixed Martial Arts Artur		8:00–9:00 PM Vinyasa Yoga Sventlana			
	8:00-9:00 PM Power Hour Vinyasa Shanda		8:00-9:00 PM Capoeira - Galao			

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



BREAKFAST SPECIAL



Hot Egg Sandwich &
Small Roasted Hot Coffee

\$4.50

Delicious Homemade Muffins &
Small Roasted Hot Coffee



\$2.50



Fresh Brooklyn Bagel Cream
Cheese & a Ice Cold Snapple

\$3.50

Appetizing Donut &
Small Brewed Hot Coffee



\$2.25



Egg on Toasted Sandwich or Bagel &
Freshly Squeezed Orange Juice

\$6.75

Chef's Special Vegetable Omelet,
Toast & Small Brewed Hot Coffee



\$5.00



Steamy Farina or Oatmeal

\$1.75

Located at
234 Varet St Brooklyn, NY 11206
BELOW GREEN FITNESS STUDIO