



CLASS SCHEDULE MARCH 2020

Business Hours: Monday –Friday 6am –10pm Saturday 9am–6pm Sunday 9am-8pm

232 Varet Street, Brooklyn NY 11206 347-599-0667 info@greenfitnessstudio.com www.greenfitnessstudio.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM - 9:00AM BOXING- ADULTS* Coach Mike	6:00-8:15pm MUAY THAI * Kru Esteban Maisonet	6:00AM - 9:00AM BOXING- ADULTS* Coach Mike	6:00-8:15pm MUAY THAI * Kru Esteban Maisonet	6:00AM - 9:00AM BOXING- ADULTS* Coach Mike	9:30-10:30am BOOTCAMP Orlando	10:00- 11:00 am VINYASA FLOW Sierra
12:00 - 1:00pm FUNCTIONAL BOOTCAMP* Arjang	7:00-8:00pm BOXING- ADULTS* Coach Mike	12:00 - 1:00pm FUNCTIONAL BOOTCAMP* Arjang	7:30-8:15pm ABS AND GLUTES Benny	5:00 - 7:00pm BOXING- KIDS* Coach Mike	10:00-11:00am TRX Max	10:00-11:00am SPARTAN WORKOUT Ryan
5:00 - 7:00pm BOXING- KIDS* Coach Mike	7:30-8:10pm ABS Benny	5:00 - 7:00pm BOXING- KIDS * Coach Mike	7:00-8:00pm BOXING- ADULTS* Coach Mike	6:00-7:00pm BOXING WORKOUT Raul	11:00-Noon PURE STRENGTH Ryan	11-11:45am SPIN Debora
6:00-7:00pm BOXING WORKOUT Raul	7:30-9:00pm AIKIDO * Andrew	6:00-8:15pm MUAY THAI * Kru Esteban	7:30-9:00pm AIKIDO * Andrew	6:30-7:30pm AIKIDO * Bushwick Dojo	12:00-1:00pm TRX Ryan	12-1PM VINYASA FLOW Sierra
6:00-8:15pm MUAY THAI * Kru Esteban Maisonet	8:15-9:15pm POWER & STRENGTH Benny	7:00-8:00pm AIKIDO * Bushwick Dojo	8:00 - 9:00PM KETTLEBELL CLASS Orlando	7:00-8:00pm BOXING- ADULTS* Coach Mike	12:00-1:00pm BOXING Juan	12:00 -2:00pm BOXING- KIDS * Coach Mike
7:00-8:00pm BOXING- ADULTS* Coach Mike		7:00-8:00pm ALL LEVEL PILATES Gina		7:00-8:00pm TOTAL BODY CARDIO Benny	12:00-3:00pm AIKIDO * Andrew	11:00-12:00pm AIKIDO * Bushwick Dojo
7:00-8:00pm RESTORATIVE FLOW Sierra		7:00-8:00pm BOXING- ADULTS* Coach Mike				12:00-1:00pm BOXING WORKOUT Juan
8:00 - 9:30 PM CYCLE & CIRCUIT Orlando		8:00-9:00pm TRIMpoline Gina				12:30-2:30pm MUAY THAI* Kru Esteban
						FIRST CLASS FREE

