

## Class Schedule as of 07-07-2010

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

\*\*\* Classes and instructors are subject to change at Green Fitness Studio's discretion\*\*\*

**CHECK THE CALENDAR LOCATED ON OUR WEBSITE FOR ANY CHANGES.**

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
9:00 – 9:45 AM <b>Spin</b> Shanda	9:00 – 10:0 AM <b>Vinyasa Yoga</b> Jeny	8:00 – 9:15 AM <b>Vinyasa Yoga</b> Chris	8:00-9:30 AM <b>Hot Vinyasa</b> Benn	7:00-7:45 AM <b>Spin</b> Shanda	10:00 – 11:00 AM <b>Dancer's Workout</b> Dina	10:00 – 11:30 AM <b>Spinning Yoga</b> Shanda
10:00 – 11:00 AM <b>Yoga Basics</b> Jeny	12:30 – 2:00 PM <b>Ashtanga Yoga</b> Elise	9:00 – 10:00 AM <b>COMMUNITY YOGA</b> @ Maria Hernandez Park*	10:00-11:30 PM <b>Vinyasa Yoga</b> Sarah	8:00-9:15 AM <b>YIN- Yasa</b> Shanda	11:00 – 12:30 PM <b>Hot Vinyasa</b> Julie	11:30 – 12:30 PM <b>PUMP</b> Shanda
11:00 – 12:00 PM <b>Pilates</b> Teresa	6:00-7:00 PM <b>Spin</b> Paul	9:30 – 10:45 AM <b>Yoga for Beginners</b> Chris	12:30 – 2:00 PM <b>Ashtanga Yoga</b> Elise	10:00– 11:00 AM <b>COMMUNITY BOOTCAMP</b> @ Maria Hernandez Park*	12:30 – 2:00 PM <b>Alignment Yoga</b> Lou	1:00 – 2:30 PM <b>COMMUNITY ASHTANGA</b> Elise
1:00- 2:30 PM <b>COMMUNITY YOGA</b> Evvie	7:00 – 8:30 PM <b>Pilates</b> April	11:00 – 12:00 PM <b>Spinning Yoga</b> Shanda	5:00 – 6:00 PM <b>Pilates</b> April	12:30 – 2:00 PM <b>Hour (and ½) of Power</b> Spin- Shanda Sculpt- Shanda Pilates- April	5:45 – 7:00 PM <b>Vinyasa Yoga</b> Haley	2:30 – 3:30 PM <b>Hot Vinyasa</b> Jeny
3:00-4:00 PM <b>Body Sculpt</b> Rachel	7:30 – 9:00 PM <b>Vinyasa Yoga</b> Benn	12:00-1:00 PM <b>Pilates</b> Teresa	6:00 – 7:00 PM <b>Spin</b> Shanda	7:00-8:00 PM <b>Pilates</b> April	7:00 – 8:00 PM <b>Yin Yoga</b> Haley	3:30 – 5:00 PM <b>Vinyasa Yoga</b> Jeny
4:00 – 5:30 PM <b>Yoga for Athletes</b> Lou		5:30-6:30 PM <b>Tighten &amp; Tone</b> Rachel	7:00 – 8:00 PM <b>Power Hour Vinyasa</b> Shanda	7:30 – 9:00 PM <b>Vinyasa Yoga</b> Jeny		
		6:30-7:30 PM <b>Spin</b> Shanda	8:00 – 9:30 PM <b>Alignment Yoga</b> Lou			
		8:00 – 9:30 PM <b>Vinyasa Yoga</b> Sarah				

\*Maria Hernandez Park is located between Starr & Suydam Streets and Knickerbocker & Irving Aves