



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|---|---|
| Open Level YOGA Masami 11:00 – 12:00pm | BOOT CAMP Calvin 6:00 – 7:00am | VINYASA YOGA Christina 9:00 – 10:00am | BOOT CAMP Calvin 6:00 – 7:00am | BOOT CAMP Calvin 8:30 – 9:30am | AEROBIC YOGA Ricardo 9:00 – 10:00am | SPINNING Bernice 10:00 – 11am |
| ZUMBA TONING Laura 12:00 – 1:00pm | BOOT CAMP Calvin 8:30 – 9:30am | | | | | Open Level YOGA Masami 11:00 – 12:00am |
| | CLASSIC BOXING Lambros 6:30 – 7:30pm | ZUMBA Roslyn 6:30 – 7:30 pm | | | | ZUMBA Laura 12:00 – 1:00pm |
| | YOGA Irena 7:30 to 8:30 | SPINNING Calvin 7:30 – 8:15p | SPINNING Calvin 6:30 – 7:15pm | INSANITY WORKOUT Ronnie 6:30 – 7:30pm | SPIN'N'TONE Bernice 6:30 – 7:30pm | CAPOEIRA Paulo 1:00 – 3:00pm |
| | SPINNING SUSAN 7:30 – 8:15p | CARDIO KICKBOX Sandy 7:30 – 8:30pm | ZUMBA Laura 7:00 – 8:00pm | SPINNING Calvin 6:30 – 7:15pm | ABS-BUTT & THIGHS Daniel 6:30 – 7:15pm | |
| | BOOT CAMP Calvin 8:30pm to 9:30pm | POWER YOGA Christina 8:30 – 9:30pm | VINYASA YOGA Christina 8:00-8:50pm | CARDIO STRENGTH Sandy 7:30– 8:30pm | ZUMBA Laura 7:30 – 8:30pm | |
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CLUB HOURS: 24 hrs Monday through Fri. Mondays open 5:30am till Friday 11pm. - Sat & SUN open 7am - close 9pm. Call (718) 267-7700.
 1st Sunday every month Therapeutic yoga