



group fitness winter 2012

Park Slope

Effective through April 22

am

pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	<p>9:30-10:30* THE SPIN Experience</p> <p>9:30-10:30 Core Yoga</p> <p>10:30-11:30 Pilates Props</p> <p>11:30am-12:30 Silver Sneakers MSROM</p>	<p>6:30-7:30* Spin 2 the Core</p> <p>9:30-10:30 Jump & Pump</p> <p>10:30-11:30 Pilates Props</p> <p>11:30-1:00 Vinyasa Yoga</p>	<p>9:30-10:30* GRID IRON Spin</p> <p>10:30-11:30 Pilates Props</p> <p>12:00-1:00 Silver Sneakers MSROM</p>	<p>6:30-7:30 Hard Core Pilates</p> <p>9:30-10:30 One-Stop Workout</p> <p>10:30-12:00 Forrest Yoga</p>	<p>9:30-10:30 GRID IRON Workout</p> <p>10:30-11:30 Pilates</p> <p>11:30-1:00 Vinyasa Yoga</p>	<p>9:00-10:00 Pilates Props</p> <p>9:00-10:00* THE SPIN Experience</p> <p>10:00-11:00 One-Stop Workout</p> <p>11:00-12:00 </p>	<p>9:30-11:00 Balanced Yoga</p> <p>10:00-11:00* Spinning</p> <p>11:00-11:45 Ultimate Conditioning</p> <p>11:45-12:30 Tabata Workout</p>
pm	<p>6:30-7:30 Hard Core Pilates</p> <p>6:30-7:30* Spinning</p> <p>7:30-8:30 CALVINOGRAPY dance</p> <p>7:30-8:30 Fight Club!</p> <p>8:30-9:30 Vinyasa Yoga</p>	<p>6:00-6:30 Xpress Train</p> <p>6:30-7:30 Boot Camp</p> <p>6:30-7:30* Spinning</p> <p>7:30-8:30 Vinyasa Express</p> <p>7:30-8:30 HIIT Bar</p>	<p>6:00-6:30 Bottoms Up</p> <p>6:30-7:30 </p> <p>6:30-7:30* THE SPIN Experience</p> <p>7:30-9:00 PowerYoga</p> <p>7:30-8:30pm Fight Club!</p>	<p>6:30-7:30 Boot Camp</p> <p>6:30-7:30* Spinning</p> <p>7:30-8:30 Total Body Pilates</p>	<p>6:00-7:00 Ballet Burn</p> <p>7:00-8:30 Hatha Yoga</p> <p>7:00-8:00 HIIT Bar</p>	<p>12:00-1:30 Vigorous Vinyasa Yoga</p>	<p>12:30-1:45 Yoga Basics</p>



Brooklyn's Gym

harborfitness.com

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Classes and instructors are subject to change. Download our APP for real-time group fitness information!