

group fitness schedule

labor day—monday september 5th

bay ridge

9:30-10:30	SPIN	erich
9:30-10:30	ZUMBA	mia
10:30-11:30	ONE-STOP WORKOUT	jodi
11:30-12:30	VINYASA YOGA	christine

club hours: 7:00-3:00

child care: 8:30-2:00

park slope

9:30-11:00	VINYASA YOGA	kristina
10:00-11:00	SPINNING	colleen
11:00-11:30	CORE BOOTY BLAST	colleen

club hours: 7:00-3:00

child care: 9:00-2:00

mill basin

9:30-10:30	SPIN	miguel
10:30-11:00	CORE BOOTY BLAST	miguel

club hours: 7:00-3:00



Brooklyn's Gym

A regular schedule is in effect for the weekend