



# NYC Fitness Club

## Boxing and Martial Arts Gym

### Classes Schedule

<b>Boxing Area</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	Boot Camp Mix (Serge) 8pm-9pm <b>(adults)</b>		Boot Camp Mix (Serge) 8pm-9pm <b>(adults)</b>			
	Boxing (Eugene) 5:30pm-6:30pm <b>(kids)</b> 6:30pm-8pm <b>(adults)</b>		Boxing (Eugene) 5:30pm-6:30pm <b>(kids)</b> 6:30pm-8pm <b>(adults)</b>		Boxing (Eugene) 5:30pm-6:30pm <b>(kids)</b> 6:30pm-8pm <b>(adults)</b>	
		Boxing (Mike) 6pm-7pm <b>(kids)</b> 7pm-9pm <b>(adults)</b>		Boxing (Mike) 6pm-7pm <b>(kids)</b> 7pm-9pm <b>(adults)</b>		
		Muay Thai (Tony) 7:30pm-9pm <b>(adults)</b>	Muay Thai (Tony) 7:30pm-9pm <b>(adults)</b>			Muay Thai (Tony) 3pm-5pm <b>(adults)</b>
<b>Karate Room</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Karate (Shihan DiGrazia) 1:15pm-2pm <b>(4-6 y.o.)</b> 1:15pm-2:15pm <b>(7-12 y.o.)</b> 2:30pm-3:30pm <b>(teens &amp; adults)</b>		Karate (Shihan DiGrazia) 4:45pm-5:20pm <b>(4-6 y.o.)</b> 4:45pm-5:45pm <b>(7-12 y.o.)</b> 6pm - 7pm <b>(teens &amp; adults)</b>	Karate (Shihan DiGrazia) 5:30pm-6:30pm <b>(7-12 y.o.)</b> 7pm - 8pm <b>(teens &amp; adults)</b>	Karate (Shihan DiGrazia) 4:45pm-5:20pm <b>(4-6 y.o.)</b> 4:45pm-5:45pm <b>(7-12 y.o.)</b> 6pm - 7pm <b>(teens &amp; adults)</b>		Karate (Shihan DiGrazia) 3pm-4pm <b>(4-6 y.o.)</b> <b>(7-12 y.o.)</b> <b>(teens &amp; adults)</b>
	Kickboxing (Zarif) 7pm-8:30pm <b>(teens &amp; adults)</b>		Kickboxing (Zarif) 7pm-8:30pm <b>(teens &amp; adults)</b>		Kickboxing (Zarif) 7pm-8:30pm <b>(teens &amp; adults)</b>	
	MMA & Kickboxing (Rodion) 8pm-9:30pm <b>(teens &amp; adults)</b>	MMA & Kickboxing (Rodion) 7:30pm-9pm <b>(teens &amp; adults)</b>		MMA & Kickboxing (Rodion) 7:30pm-9pm <b>(teens &amp; adults)</b>		
<b>Wrestling Room</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Acrobatic gymnastics (Milena) 11am-11:50am		Acrobatic gymnastics (Milena) 5pm-5:50pm 6pm-6:50pm				
Rhythmic gymnastics (Milena) 12pm-1:30pm						
	Wrestling (Damir) 6:45pm-8:15pm <b>(teens &amp; adults)</b>		Wrestling (Damir) 6:45pm-8:15pm <b>(teens &amp; adults)</b>		Wrestling (Damir) 6:45pm-8:15pm <b>(teens &amp; adults)</b>	
<b>Dancing studio</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
		Hip-Hop (Vera) 5pm-6pm <b>(kids-teens)</b> Break Dance (Vera) 6pm-7pm <b>(kids-teens)</b>		Hip-Hop (Vera) 5pm-6pm <b>(kids-teens)</b> Break Dance (Vera) 6pm-7pm <b>(kids-teens)</b>		



## Free Classes Schedule for Women only

<b>Dancing Studio:</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	Total body Workout <b>(Olga)</b> 10:15 am	Ball Workout <b>(Julia)</b> 9:15 am	Total body Workout <b>(Nazar)</b> 10:00 am	Zumba <b>(Olga)</b> 9:30 am	Boot Camp <b>(Julia)</b> 10:15 am	
Yoga <b>(Maryna)</b> 11:00 am						
Boot Camp <b>(Julia)</b> 12:00 pm						
	Strong by Zumba <b>(Lizabeth)</b> 7:00 pm	Yoga <b>(Maryna)</b> 7:00 pm	Ball Workout <b>(Julia)</b> 7:10 pm	Dance spin class workout <b>(Tatyana)</b> 7:10 pm		
	Zumba <b>(Lizabeth)</b> 8:00 pm	<b>30-60-90</b> Interval training class <b>(Tatyana)</b> 8:00 pm	Boot Camp <b>(Julia)</b> 8:00 pm	Zumba <b>(Lizabeth)</b> 8:00 pm		

Monday - Friday 6am-12am  
Saturday - Sunday 8am-11pm

Phone number  
718 975 3560