



## 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>
	Boxing (Eugene) 5:30pm-6:30pm ( <i>kids</i> ) 6:30pm-8pm ( <i>adults</i> )		Boxing (Eugene) 5:30pm-6:30pm ( <i>kids</i> ) 6:30pm-8pm ( <i>adults</i> )		Boxing (Eugene) 5:30pm-6:30pm ( <i>kids</i> ) 6:30pm-8pm ( <i>adults</i> )	
			Muay Thai (Tony) 7:30pm-9pm ( <i>adults</i> )	Muay Thai (Tony) 7:30pm-9pm ( <i>adults</i> )	Muay Thai (Tony) 7:30pm-9pm ( <i>adults</i> )	
<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 (David) 1pm-2pm ( <i>kids</i> ) 2pm-3pm ( <i>teens &amp; adults</i> )		Karate (David) 6pm-7pm ( <i>kids</i> ) 6:30pm-7:30pm ( <i>teens &amp; adults</i> )		Karate (David) 6pm-7pm ( <i>kids</i> ) 6:30pm-7:30pm ( <i>teens &amp; adults</i> )		
	Kickboxing (Zarif) 7pm-8:30pm ( <i>kids &amp; teens</i> )		Kickboxing (Zarif) 7pm-8:30pm ( <i>kids &amp; teens</i> )		Kickboxing (Zarif) 7pm-8:30pm ( <i>kids &amp; teens</i> )	
		MMA (Bakha) 7:30pm-9pm ( <i>teens &amp; adults</i> )		MMA (Bakha) 7:30pm-9pm ( <i>teens &amp; adults</i> )		
<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) 12pm-12:50pm 1pm-1:50pm		Acrobatic gymnastics (Milena) 5:15pm-6:10pm 6:15pm-7:10pm		Acrobatic gymnastics (Milena) 6pm-6:50pm		
	Wrestling (Damir) 6:45pm-8:15pm ( <i>teens &amp; adults</i> )		Wrestling (Damir) 6:45pm-8:15pm ( <i>teens &amp; adults</i> )		Wrestling (Damir) 6:45pm-8:15pm ( <i>teens &amp; adults</i> )	
<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>
	Bootcamp (Serge) 6pm-7pm ( <i>teens</i> )		Bootcamp (Serge) 6pm-7pm ( <i>teens</i> )			
	Hip-Hop (Vera) 4:45pm-5:45pm ( <i>kids-teens</i> ) Break Dance (Vera) 5:45pm-6:45pm ( <i>kids-teens</i> )			Hip-Hop (Vera) 4:45pm-5:45pm ( <i>kids-teens</i> ) Break Dance (Vera) 5:45pm-6:45pm ( <i>kids-teens</i> )		
				Hip-Hop (Serge) 9pm-10pm ( <i>teens &amp; adults</i> )		



## 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>
Ball Workout <b>(Olga)</b> 9:00 am	Spin class <b>(Tetyana)</b> 10:15 am	Boot Camp <b>(Nazar)</b> 9:30 am	Pilates <b>(Tetyana)</b> 9:30 am	Ball Workout <b>(Tetyana)</b> 9:30 am	Total body Workout <b>(Nazar)</b> 10:15 am	
Pilates <b>(Olga)</b> 10:00 am						
	Ball Workout <b>(Julia)</b> 7:10 pm	Yoga <b>(Maryna)</b> 7:00 pm	Spin class <b>(Tetyana)</b> 7:10 pm	Zumba <b>(Lizabeth)</b> 7:00 pm		
	Boot Camp <b>(Julia)</b> 8:00 pm	Total body Workout <b>(Olga)</b> 8:00 pm	Ball Workout <b>(Serge)</b> 8:00 pm	Strong by Zumba <b>(Lizabeth)</b> 8:00 pm		

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

Phone number  
 718 975 3560