



NYC Fitness Club

Boxing and Martial Arts Gym

Classes Schedule

Boxing Area						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Boot Camp Mix (Serge) 8pm-9pm (adults)		Boot Camp Mix (Serge) 8pm-9pm (adults)			
	Boxing (Eugene) 5:30pm-6:30pm (kids) 6:30pm-8pm (adults)		Boxing (Eugene) 5:30pm-6:30pm (kids) 6:30pm-8pm (adults)		Boxing (Eugene) 5:30pm-6:30pm (kids) 6:30pm-8pm (adults)	
		Boxing (Mike) 6pm-7pm (kids) 7pm-9pm (adults)		Boxing (Mike) 6pm-7pm (kids) 7pm-9pm (adults)		
	Muay Thai (Tony) 7:30pm-9pm (adults)			Muay Thai (Tony) 7:30pm-9pm (adults)		Muay Thai (Tony) 5pm-7pm (adults)
	MMA & Kickboxing (Rodion) 8:30pm-10pm (teens & adults)	MMA & Kickboxing (Rodion) 8pm-9:30pm (teens & adults)		MMA & Kickboxing (Rodion) 8pm-9:30pm (teens & adults)		
Karate Room						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Karate (David Dzeladze) 1pm-2pm (kids) 2pm-3pm (teens & adults)		Karate (David Dzeladze) 6pm-7pm (kids) 7pm-8pm (teens & adults)		Karate (David Dzeladze) 6pm-7pm (kids) 7pm-8pm (teens & adults)		
	Kickboxing (Zarif) 7pm-8:30pm (teens & adults)		Kickboxing (Zarif) 7pm-8:30pm (teens & adults)		Kickboxing (Zarif) 7pm-8:30pm (teens & adults)	
Wrestling Room						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Baby gym (Milena) 10am-10:50am Acrobatic gymnastics (Milena) 11am-11:50am Rhythmic gymnastics (Milena) 12pm-1:30pm		Acrobatic gymnastics (Milena) 5pm-5:50pm 6pm-6:50pm		Acrobatic gymnastics (Milena) 5pm-5:50pm		
	Wrestling (Damir) 6:45pm-8:15pm (teens & adults)		Wrestling (Damir) 6:45pm-8:15pm (teens & adults)		Wrestling (Damir) 6:45pm-8:15pm (teens & adults)	
Dancing studio						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Hip-Hop (Vera) 4:45pm-5:45pm (kids-teens) Break Dance (Vera) 5:45pm-6:45pm (kids-teens)		Hip-Hop (Vera) 4:45pm-5:45pm (kids-teens) Break Dance (Vera) 5:45pm-6:45pm (kids-teens)		



Free Classes Schedule for Women only

Dancing Studio:						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boot Camp (Tatyana) 9:00 am	Total body Workout (Roshi) 10:15 am	Ball Workout (Tatyana) 9:30 am	Total body Workout (Nazar) 10:15 am	Pilates (Tatyana) 9:30 am	Boot Camp (Julia) 10:15 am	
Yoga (Maryna) 10:30 am						
	Spin (Tatyana) 7:20 pm	Yoga (Maryna) 7:00 pm	Ball Workout (Julia) 7:10 pm	Strong by Zumba (Lizabeth) 7:00 pm		
	Zumba (Lizabeth) 8:15 pm	30-60-90 Interval training class (Tatyana) 8:00 pm	Boot Camp (Julia) 8:00 pm	Zumba (Lizabeth) 8:00 pm		

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

Phone number
 718 975 3560