



NYC Fitness Club

Boxing and Martial Arts Gym

Classes Schedule

Boxing Area						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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>)	
Karate Room						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Karate (David) 1pm-2pm (<i>kids</i>) 2pm-3pm (<i>teens & adults</i>)		Karate (David) 6pm-7pm (<i>kids</i>) 6:30pm-7:30pm (<i>teens & adults</i>)		Karate (David) 6pm-7pm (<i>kids</i>) 6:30pm-7:30pm (<i>teens & adults</i>)		
	Kickboxing (Zarif) 7pm-8:30pm (<i>kids & teens</i>)		Kickboxing (Zarif) 7pm-8:30pm (<i>kids & teens</i>)		Kickboxing (Zarif) 7pm-8:30pm (<i>kids & teens</i>)	
Wrestling Room						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 & adults</i>)		Wrestling (Damir) 6:45pm-8:15pm (<i>teens & adults</i>)		Wrestling (Damir) 6:45pm-8:15pm (<i>teens & adults</i>)	
Dancing studio						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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 & adults</i>)		



Free Classes Schedule for Women only

Dancing Studio:						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ball Workout (Tetyana) 9:00 am	Total body Workout (Nazar) 10:15 am	Ball Workout (Tetyana) 9:30 am	Pilates (Tetyana) 9:30 am	Ball Workout (Tetyana) 9:30 am	Boot Camp (Nazar) 10:15 am	
Yoga (Maryna) 10:00 am						
	Ball Workout (Julia) 7:10 pm	Yoga (Maryna) 7:00 pm	Spin class (Tetyana) 7:10 pm	Zumba (Lizabeth) 7:00 pm		
	Boot Camp (Julia) 8:00 pm	Total body Workout (Olga) 8:00 pm	Ball Workout (Tetyana) 8:00 pm	Strong by Zumba (Lizabeth) 8:00 pm		

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

Phone number
 718 975 3560