

**MAC BROOKLYN CLASS SCHEDULE- (718) 852-8820/384 Bridge Street 5<sup>th</sup> Floor**

7816	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	BOOT CAMP Threshold (CHRIS) 50 min (Studio B)		OCTANE BOOT CAMP (CHRIS) 50 min				
47:00AM	CYCLE BURN (JAMIE) 50min (Studio A)	BODY BLAST (JAMIE) 50 min	YOGA (RAYDENE) 50 min				
10:00AM							
10:15AM						CYCLE BURN (ROSHI) 50 min (Studio A)	
11:00AM						WEEKEND YOGA (MARY) 50 min	
11:00AM							VINYASA YOGA (RAYDENE) 50 min
12:00PM		BOXING CONDITIONING (SERGIO) 50 min			BOOT CAMP (SERGIO) 50 min		
12:00PM	CYCLE BURN (TORELLO) 50 min		BODY BLAST (JAMIE) 50 min	OCTANE BOOTCAMP (CHRIS) 50 min	CARDIO BARRE (SHANNON) 50 min		
12:30PM	TRX OBSTACLE COURSE TRAINING (GUILLERMO) 50 min	ZUMBA (SHUFY) 50 min (SIGN-IN Required)	TRX OBSTACLE COURSE TRAINING (Roschi) 50 min	CYCLE BURN (TROY) 50 min			
1:00PM	POWER YOGA (JANIE) 50 min		YOGA (BETHANY) 50 min	EXPRESS ABS (KYLE) 30 min			
5:00PM	BARRE BURN (SHANNON) 50 min						
5:15PM				POWER YOGA (XIU) 50 min			
5:30PM			BODY SCULPTING (KYLE) 50 MIN				
6:00PM	BODY SCULPTING (SHANNON) 50 min	CYCLE BURN (TROY) 50 min		ZUMBA (SHUFY) 50 min	TRX (Guillermo) 50 min		
6:00PM							
6:30PM	METCON – Metabolic Conditioning (ZOE) 45 min						
7:00PM		HATHA YOGA					

**Hours: (Monday-Thursday) 5:30am-10pm (Friday) 5:30am-9pm (Saturday/Sunday) 7am-7pm**