

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	CHRISFIT BOOT CAMP <i>Threshold</i> (CHRIS) 50 min (Studio B)		CHRISFIT BOOT CAMP <i>Octane</i> (CHRIS) 50 min				
7:00AM	CYCLE BURN (JAMIE) 50min (Studio A)	BODY BLAST (JAMIE) 50 min	YOGA (RAYDENE) 50 min	KICK BOXING (GUILLERMO) 50 min			
10:00AM							
10:15AM						CYCLE BURN (ROSCHI) 50 min (Studio A)	
11:00AM						YOGA (MARY) 50 min	
11:00AM							YOGA (RAYDENE) 50 min
12:00PM		BOXING CONDITIONING (SERGIO) 50 min		Zumba (Giuseppa) 50 min	BOOT CAMP (SERGIO) 50 min		
12:00PM	CYCLE BURN (TORELLO) 50 min		BODY BLAST (JAMIE) 50 min	FIGHT CLUB (SERGIO) 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 (NICOLE) 50 min			
1:00PM	POWER YOGA (Janie) 50 min		YOGA (DEE) 50 min	EXPRESS ABS (KYLE) 30 min			
5:00PM	BARRE BURN (SHANNON) 50 min						
5:15PM				POWER YOGA (XIU) 50			
5:30 PM			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 (ZOE) 45 min						
7:00PM		YOGA (DAWN) 50 min					

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

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1.) Express Abs – 50 min

Crunched for time? Zero in and focus on the area that supports posture, your abs! Torch them to exhaustion in 30 minutes!

2.) Body Sculpting – 50 min

Tone up with anaerobic exercises, with an emphasis on core strength; combining body bar, dumbbell and bands to achieve muscle definition.

3.) Boxing Conditioning – 50 min

Everyone will enjoy burning over 1000 calories with this explosive workout that incorporates boxing training exercises and techniques.

4.) ChrisFit Boot Camp Threshold - 50 min

This is a new approach to typical boot camp classes. Expanding your focus through high intensity, training focused on building your endurance.

5.) ChrisFit Boot Camp Octane- 50 min

Introducing: kettlebells, body weight, yoga, and spin bikes. Not your ordinary boot camp. Come get some!

6.) Cycle Burn - 50 min

High intensity cardio class that will work your legs and heart to their limits. We'll take you on an experience like no other.

7.) Hatha Yoga– 50 min

Ideal for beginners but efficient enough for experienced yogis. We incorporate stretching with deep breathing and meditation.

8.) Pilates/MVE Chair Pilates - 50 min

Work on improving your core strength, flexibility, and awareness by using the traditional methods of Joseph Pilates.

9.) TRX/Obstacle Course Training –50 min

Original workout system that leverages gravity and your bodyweight to perform hundreds of exercises using specialized suspension ropes.

10.) Cardio Barre - 50 min

Workout without feeling like you're doing anything challenging! This class brings the fun of movement and dance to an invigorating workout.

11.) Fight Club – 50 min

Boot camp meets boxing. Learn techniques while pushing your heart rate to the limit.

12.) Vinyasa Yoga - 50 min

A fun energetic class that helps you pair breathing with yoga poses to become more fluid in your movements.

13.) Zumba – 50 min

An energetic aerobic dance class that incorporates hip-hop, samba, salsa, merengue, and mamba.

14.) Morning Flow Yoga- 50 min

A gentle vinyasa flow class designed to vitalize your mind and body. While synchronizing breath with movement we will transition through a series of poses that will tone the body and loosen the joints

15.) Body Blast- 50 min

Constant movement while doing stations that focus on lower body into upper and core work. Use of weights promote strength and increased bone density while burning calories and keeping the heart rate up.

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