

JUNE 2024 ADULT CLASS SCHEDULE



For descriptions, levels, and to register for all classes, download our mobile app.

Teens 13 and over may attend most classes unless otherwise indicated on 18 and over.

Non-Members may attend for \$20 per class.

MON	TUE	WED	THU	FRI	SAT	SUN
Chair Yoga 10-11am Marja	Hatha Yoga (2 Classes) 9:15-10:15am 10:30-11:30am Suzanne	Zumba® 10-11am Michelle	Hatha Yoga & Meditation 9:15-10:30am Suzanne	Spin 9:15am-10am Steve	Total Body Workout 8:30-9:30am Brandon	LaBlast® 8:30-9:30am Melissa
Dance & Tone 11:15am-12:15pm James	Stretch, Flex & Tone (2 Classes) 10:30-11:30am 11:45am-12:45pm Rosalind	Women's Support Group 11-11:50am Amanda (Begins 6/12)	FitCulture Kickboxing 4:30-5:15pm	Chair Yoga 10-11am Assunta	FitCulture Strength 9-10am	Pilates 9:45-10:45am Sifa
Sculpt Yoga 5-6pm Nikole	Tai Chi 1-2pm Rosalind	Meditation 12-12:50pm Amanda (Begins 6/12)	FitCulture Strength 6-7pm	Dance & Tone 11:15am-12:15pm James	Tai Chi 9:45-10:45am Rosalind	Total Body Workout 11am-12pm Sifa
Cycle Blast 6-7pm Stacy	Spin 5:15-6pm Danielle	Hatha Yoga 6:15-7:15pm Suzanne	Vinyasa Yoga 6:15-7:15pm Jeannie	POUND® Unplugged 5:45-6:30pm Stacy	Vinyasa Yoga 11am-12pm Jeannie	Hatha Yoga 12:15-1:15pm Michelle F.
FitCulture Kickboxing 7-8pm	FitCulture Strength 6-7pm	Spin 6:15-7pm Nikole	Buddha Hand Kung Fu 6:30-8pm Jack	Zumba® 6:45-7:45pm Stacy	Spin 1:15-2pm Nikole	
POUND® 7:15-8pm Stacy	Dance & Tone 6:30-7:30pm Roseann	FitCulture Kickboxing 7-8pm	Sculpt Yoga 7:30-8:30pm Nikole		Ballroom Dance 2-3pm Eugene	
Aqua Zumba® 7:15-8pm Carissa	Buddha Hand Kung Fu 6:30-8pm Peter	Dance & Tone 7:30-8:30pm Roseann				
	Pilates 7:45-8:45pm Carissa					

Questions? Please contact Program Director, Jaime Vacca
Email: j.vacca@fiaobrooklyn.org

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