

ADULT CLASS SCHEDULE

JANUARY 2026



MON	TUE	WED	THURS	FRI	SAT	SUN
HATHA YOGA 8:45AM-9:45AM MARJA (CLASSROOM 2)	TOTAL BODY WORKOUT 11AM-12PM JAMES (CLASSROOM 2)	LABLAST® 9:00-10:00AM MARJA (CLASSROOM 2)	HATHA YOGA 8:30-9:45AM SUZANNE (CLASSROOM 2)	GENTLE VINYASA YOGA 8:45-9:45AM DANIELLE (CLASSROOM 2)	METABOLIC CONDITIONING 9-10AM BRANDON (GYMNASIUM)	LABLAST® 8:30-9:30AM MELISSA (MP ROOM)
CHAIR YOGA 10-11AM MARJA (MP ROOM)	STRETCH, FLEX & TONE 11AM-12PM ROSALIND (MP ROOM)	BELLY DANCE 11:30AM-12:30PM TIANA (CLASSROOM 2)	CHAIR YOGA 10-10:50AM SUZANNE (GYMNASIUM)	CHAIR YOGA 10:30-11:30AM ASSUNTA (GYMNASIUM)	TAI CHI LEVEL 2 9-10AM ROSALIND (MP ROOM)	AQUA ZUMBA® 9-9:45AM CARISSA (POOL)
DANCE & TONE 11:15AM - 12:15PM JAMES (MP ROOM)	TAI CHI MIXED LEVEL 12:15-1:15PM ROSALIND (MP ROOM)	STRESS RELIEF 1-2PM ALESSANDRA (CLASSROOM 1)	ZUMBA GOLD 11-11:50AM MICHELLE (GYMNASIUM)	BALLROOM DANCE 1-2PM EUGENE (MP ROOM)	TAI CHI LEVEL 1 10:05-10:55AM ROSALIND (MP ROOM)	PILATES 10-10:45AM CARISSA (CLASSROOM 2)
MEDITATION 12:30-1:30PM ASSUNTA (CLASSROOM 2)	ITALIAN LANGUAGE INT/ADVANCED 4:45-6PM ----- BEGINNER 6-7:15PM MICHAEL (CLASSROOM 1)	SPIN 6-6:50PM NIKOLE (FITNESS CENTER)	QIGONG 1-2PM STELLA (CLASSROOM 2)	ZUMBA® 6-6:50PM STACY (MP ROOM)	SPIN 10:05-10:55AM TESHIA (FITNESS CENTER)	SPIN 11-11:50AM TESHIA (FITNESS CENTER)
SCULPT YOGA 5-5:50PM NIKOLE (CLASSROOM 2)	METABOLIC CONDITIONING 6-7PM BRANDON (GYMNASIUM)	HATHA YOGA 6:15-7:15PM SUZANNE (CLASSROOM 2)	METABOLIC CONDITIONING 6-7PM BRANDON (GYMNASIUM)	SPIN 6-6:50PM ISAAC (FITNESS CENTER)	VINYASA YOGA 11-12PM JEANNIE (MP ROOM)	HATHA YOGA 11-12PM MICHELLE F. (MP ROOM)
SPIN 6-6:50PM STACY (FITNESS CENTER)	DANCE & TONE 6:30-7:30PM ROSEANN (MP ROOM)	CARDIO COMBAT 7-8PM ISAAC (FITNESS CENTER)	VINYASA YOGA 6:15-7:15PM JEANNIE (CLASSROOM 2)	CARDIO COMBAT 7-8PM ISAAC (FITNESS CENTER)	BALLROOM DANCE 2-3PM EUGENE (MP ROOM)	
CARDIO COMBAT 7-8PM ISAAC (FITNESS CENTER)	BUDDHA HAND KUNG FU 6:30-8PM PETER (CLASSROOM 2)	DANCE & TONE 7:30-8:30PM ROSEANN (MP ROOM)	BUDDHA HAND KUNG FU 7-8:30PM JACK (FITNESS CENTER)	POUND® UNPLUGGED 7-7:45PM STACY (MP ROOM)		
POUND® 7:15-8PM STACY (MP ROOM)	TOTAL BODY WORKOUT 7:40-8:30PM ROSEANN (MP ROOM)		SCULPT YOGA 7:30-8:30PM NIKOLE (CLASSROOM 2)			

All Classes are Drop-In. No Commitment or Fee.

Registration link opens one week prior to each class.

Non-Members may attend for \$25 per class.

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



SIGN UP ON OUR APP!



j.vacca@fiaobrooklyn.org



(718) 259-2828



8711 18th Ave, Brooklyn,
NY 11214