



### **SUNDAY**

10:15AM Total Body Conditioning @ Brooklyn Heights/Court St/Remsen [NYSC](#)

11:15AM BattleGroove® (Cardio Kickboxing) @ Brooklyn Heights/Court St/Remsen [NYSC](#)

### **TUESDAY**

9:30AM Total Body Conditioning @ Cobble Hill [NYSC](#)

10:15AM BattleGroove® (Cardio Kickboxing) @ Cobble Hill [NYSC](#)

5:30PM BattleGroove® (Cardio Kickboxing) @ West 23rd [NYSC](#)

6:15PM BURN (H.I.I.T.) @ West 23rd [NYSC](#)

### **WEDNESDAY**

10:15AM Total Body Conditioning @ E. 76th [NYSC](#)

12:30PM BattleGroove® (Cardio Kickboxing) @ Brooklyn Heights/Court St/Remsen [NYSC](#)

1:15PM Total Body Conditioning @ Brooklyn Heights/Court St/Remsen [NYSC](#)

### **THURSDAY**

5:30PM Total Body Conditioning @ Brooklyn Heights/Court St/Remsen [NYSC](#)

6:30PM BattleGroove® (Cardio Kickboxing) @ Brooklyn Heights/Court St/Remsen [NYSC](#)

### **FRIDAY**

9:30AM BattleGroove® (Cardio Kickboxing) @ East 23rd [NYSC](#)

10:30AM Total Body Conditioning @ East 23rd [NYSC](#)

12:15PM BURN (H.I.I.T.) @ East 34th [NYSC](#)

5:45PM BattleGroove® (Cardio Kickboxing) @ Mercer [NYSC](#)

6:30PM Total Body Conditioning @ Mercer [NYSC](#)

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