



LA PALESTRA GROUP EXERCISE SCHEDULE

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 10:00am – 11:00am Boxing
3 10:00am – 11:15am Vinyasa Flow 2:30pm – 3:30pm Barre 4:30pm – 5:30pm Thai Boxing	4 12:00pm – 1:00pm LA PALESTRA HIIT* 7:30pm – 8:30pm Kettlebell Training	5 7:00pm – 8:00pm Pilates 8:00pm – 8:45pm Meditation	6 7:00pm – 8:15pm Vinyasa Flow	7 7:15pm – 8:15pm Fight Night Conditioning	8	9 10:00am – 11:00am Boxing
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24	25 12:00pm – 1:00pm LA PALESTRA HIIT* 7:30pm – 8:30pm MMA Strength Training	26 7:00pm – 8:00pm Pilates 8pm – 8:45pm Meditation	27 7pm – 8:15pm Vinyasa Flow	28 7:15pm – 8:15pm Fight Night Conditioning	29	30 10:00am – 11:00am Boxing
1	2	3	4	5	6	7

Complimentary Class Descriptions:

<p>Pilates Mat - Focuses on developing core strength, flexibility, balance, and stamina utilizing basic Pilates props and mat routine.</p> <p>Vinyasa Yoga - In this open level class, students flow through a sequence of poses while using the breath to connect with movement.</p> <p>Meditation - Find a greater sense of awareness, introspection, relaxation and calm through the practice of meditation and learn to further connect your mind, body, and soul.</p> <p>Strength Circuit –group oriented strength training with an emphasis on technique and base conditioning</p> <p>Field House Circuit - These total body circuits focus on compound multi-joint movements to improve muscular endurance and introduce group-oriented strength and endurance training.</p>	<p>Kettlebells - Working with a variety of kettlebell weights this class is designed to increase muscular strength and cardiovascular capacity while improving neuromuscular recruitment patterns.</p> <p>Thai Boxing- 2000 year old martial arts style that incorporates punches, kicks, knees, elbows and clinching that gives the participant a great cardio and strength endurance workout.</p> <p>Barre - With dance based movements that tones the muscles by using high repetition and isometric exercises, light weights as well as cardio and stretches to build a lean toned body.</p>
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*LA PALESTRA HIIT - \$25 per class. Increase muscular endurance and strength, improve proprioception and balance, prepare the glycolytic energy system and increase flexibility.

FRONT DESK: (646) 928-0040