

CLASS SCHEDULE

December 7 – December 13

Sunday 7	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13
DOUBLE STEP Deb B 8:30 - 9:30 am	TABATA WORKOUT Gina 9:45 - 10:30 am	CARDIO TONING Miriam (sub) 9:20 – 10:15 am	Core Strength Gina 9:45 - 10:30 am	YOGA Batya 9:00 – 10:00 am	SPINNING Gina 9:45 - 10:30 am	Split Hours
TOTAL BODY WORKOUT Deb B 9:30 - 10:30 am	Dance Party Julia 10:30 - 11:15 am	SPINNING Gina 9:45 - 10:30 am	Dance Party Julia 10:30 - 11:15 am	TABATA WORKOUT Elana 10:00 – 11:00 am	pilates Alicia 9:50 – 10:35 am	
SPINNING Gina 9:45 - 10:30 am	YOGA Julia 11:15 am - 12 pm	YOGA Inna 10:30 – 11:30 am	AQUAFIT Gina 10:45 – 11:30 am		Dance Party Julia 10:40 – 11:40 am	
AQUAFIT Gina 10:45 – 11:30 am			Pilates Fusion Julia 11:15 am - 12 pm			
			PILOXING Deb B 7:30 - 8:30 pm			
Power Pilates Miriam 7:45 – 8:30 pm	Dance Party Chaya (sub) 7:30 - 8:20 pm	BOOT CAMP Deb 7:30 – 8:30 pm	SPINNING Devorah 8:30 – 9:15 pm	Dance Party Julia 7:30 - 8:30 pm		
POUND Hadassah Dina 8:30 - 9:15 pm	pilates Aliza 8:30 – 9:15 pm	BARRE above Aliza 8:30 - 9:15 pm	HULA DANCE Esther 8:30 - 9:15 pm	Dance and Tone Chaya 8:30 – 9:20 pm		POUND Lisa 8:30 – 9:15 pm

MEN'S CLASSES

SPINNING Trainer 2:15 - 3:00 pm	Pinnacle BOOTCAMP Don 2:00 - 3:00 pm	SPINNING Shmuel 2:15 – 3:00 pm	SPINNING Trainer 2:15 - 3:00 pm	BOOT CAMP Jess 2:00 - 3:00 pm		SPINNING Shmuel 10:15 – 11:00 pm
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Women's Hours

Sunday - Thursday: 8:30 am - 1:40 pm, 6:30 - 9:40 pm

Friday: 8:30 am - 12:30pm

Saturday: After Shabbos – 9:30pm

Men's Hours

Sunday - Thursday: 6:00 am - 8:20 am,
1:50 pm - 6:20 pm, 9:50 pm - midnight

Friday: 6:00 - 8:20 am, 12:30pm - 1 hour before sunset

Saturday: 9:45pm – 12am