

# CLASS SCHEDULE

## January 18 - January 25

Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 23	Friday 24	Saturday 25
<b>DOUBLE STEP</b> Deb B 8:30 - 9:30 am	<b>TABATA WORKOUT</b> Gina 9:45 - 10:30 am	<b>SPINNING</b> Gina 9:45 - 10:30 am	<b>Core Strength</b> Gina 9:45 - 10:30 am	<b>YOGA</b> Batya 9:00 - 10:00 am	<b>pilates</b> Candace (sub) 9:30 - 10:30 am	Split Hours
<b>TOTAL BODY WORKOUT</b> Deb 9:30 - 10:30 am	<b>Dance Tush</b> Trina (sub) 10:30 - 11:15 am	<b>CARDIO TONING</b> Maya 10:15 - 11:00 am	<b>CARDIO BOX</b> Candace (sub) 10:30 - 11:15 am	<b>TABATA WORKOUT</b> Elana 10:00 - 11:00 am	<b>SPINNING</b> Gina 9:45 - 10:30 am	
<b>SPINNING</b> Gina 9:45 - 10:30 am	<b>YOGA</b> Inna (sub) 11:15 am - 12 pm	<b>YOGA</b> Inna 11:10 - 12:10 pm	<b>AQUAFIT</b> Gina 10:45 - 11:30 am		<b>Dance Tush</b> Trina (sub) 10:40 - 11:40 am	
<b>AQUAFIT</b> Gina 10:45 - 11:30 am			<b>Pilates Fusion</b> Inna (sub) 11:15 am - 12 pm			
			<b>PILOXING</b> Deb B 7:30 - 8:30 pm			
<b>Power Pilates</b> Miriam 7:45 - 8:30 pm	<b>Dance Tush</b> Tiferet 7:30 - 8:20 pm	<b>BOOT CAMP</b> Deb 7:30 - 8:30 pm	<b>SPINNING</b> Devorah 8:30 - 9:15 pm	<b>Dance Tush</b> Trina (sub) 7:30 - 8:30 pm		
<b>POUND</b> Hadassah Dina 8:30 - 9:15 pm		<b>Barre Burn &amp; Tone</b> Lisa 8:30 - 9:15 pm	<b>HULA DANCE</b> Esther 8:30 - 9:15 pm	<b>Dance and Tone</b> Chaya 8:30 - 9:20 pm		<b>POUND</b> Lisa 8:30 - 9:15 pm

### MEN'S CLASSES

<b>SPINNING</b> Trainer 2:15 - 3:00 pm	<b>Pinnacle BOOTCAMP</b> Don 2:00 - 3:00 pm	<b>SPINNING</b> Shmuel 2:15 - 3:00 pm	<b>SPINNING</b> Trainer 2:15 - 3:00 pm	<b>BOOT CAMP</b> Jess 2:00 - 3:00 pm		<b>SPINNING</b> 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