

CLASS SCHEDULE

January 25 – January 31

| Sunday 25 | Monday 26 | Tuesday 27 | Wednesday 28 | Thursday 29 | Friday 30 | Saturday 31 |
|------------------------------------|---|---|--|---|---|---|
| CLASSES CANCELLED (Snow Day) | AM CLASSES CANCELLED (weather) |  SPINNING Gina 9:45 - 10:30 am | Core Strength Gina 9:45 - 10:30 am |  YOGA Batya 9:00 – 10:00 am |  pilates Candace (sub) 9:30 – 10:30 am | Split Hours |
| | | CARDIO TONING Maya 10:15 – 11:00 am | CARDIO BOX Candace (sub) 10:30 -11:15 am |  TABATA WORKOUT Elana 10:00 – 11:00 am |  SPINNING Gina 9:45 - 10:30 am | |
| | |  YOGA Inna 11:10 – 12:10 pm |  AQUAFIT Gina 10:45 – 11:30 am | |  Dance Party Trina (sub) 10:40 – 11:40 am | |
| | | | Pilates Fusion Inna (sub) 11:15 am - 12 pm | | | |
| | | |  PILOXING Deb B 7:30 - 8:30 pm | | | |
| |  Dance Party Tiferet 7:30 - 8:20 pm |  BOOT CAMP Deb 7:30 – 8:30 pm |  SPINNING Devorah 8:30 – 9:15 pm |  Dance Party Trina (sub) 7:30 - 8:30 pm | | |
| | | |  YOGA Deb (sub) 8:30 – 9:30 pm | HULA DANCE Esther 8:30 - 9:15 pm | Dance and Tone Chaya 8:30 – 9:20 pm |  Dance Party Chaya (sub) 8:30 – 9:30 pm |

MEN'S CLASSES

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| |  PINNACLE BOOT CAMP 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