


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)	 Gina 9:45 - 10:30 am	Core Strength Gina 9:45 - 10:30 am	 Batya 9:00 - 10:00 am	 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	 Gina 9:45 - 10:30 am	
		 Inna 11:10 - 12:10 pm	 Gina 10:45 - 11:30 am		 Trina (sub) 10:40 - 11:40 am	
			Pilates Fusion Inna (sub) 11:15 am - 12 pm			
			 Deb B 7:30 - 8:30 pm			
	 Tiferet 7:30 - 8:20 pm	 Deb 7:30 - 8:30 pm	 Devorah 8:30 - 9:15 pm	 Trina (sub) 7:30 - 8:30 pm		
		 Deb (sub) 8:30 - 9:30 pm	HULA DANCE Esther 8:30 - 9:15 pm	Dance and Tone Chaya 8:30 - 9:20 pm		 Chaya (sub) 8:30 - 9:30 pm

MEN'S CLASSES

 Don 2:00 - 3:00 pm	 Shmuel 2:15 - 3:00 pm	 Trainer 2:15 - 3:00 pm	 Jess 2:00 - 3:00 pm	 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