

CLASS SCHEDULE

July 13 – July 19

Sunday 13	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19
DOUBLE STEP Deb B 8:30 - 9:30 am	TABATA WORKOUT Gina 9:45 - 10:30 am	SPINNING Gina 9:45 - 10:30 am	Core Fusion Gina 9:45 - 10:30 am	YOGA Batya 9:00 - 10:00 am	pilates Alicia 9:30 - 10:25 am	Men Only
TOTAL BODY WORKOUT Deb 9:30 - 10:00 am (30 min)	Dance Party Julia 10:30 - 11:15 am	CARDIO TONING Maya 10:15 - 11:00 am	Dance Party Julia 10:30 - 11:15 am	AQUAFIT Karen 9:45 - 10:30 am	SPINNING Gina 9:45 - 10:30 am	
SPINNING Gina 9:45 - 10:30 am	YOGA Julia 11:15 - 12 pm	YOGA Inna 11:00 - 11:45 am	Pilates Fusion Julia 11:15 am - 12 pm	TABATA WORKOUT Elana 10:00 - 11:00 am	Dance Party Julia 10:30 - 11:30 am	
		AQUAFIT Karen 11:30 - 12:15 pm		Core Crusher Naomi 11:00 - 11:45 am		
			SPINNING Devorah 8:00 - 8:45 pm			
	Dance Party Chaya (sub) 7:30 - 8:30 pm	BOOT CAMP Deb 7:30 - 8:30 pm	PILOXING Deb B 7:30 - 8:30 pm	Dance Party Julia 7:30 - 8:30 pm		
	POUND Lisa (sub) 8:30 - 9:15 pm	BARRE above Ronna 8:30 - 9:30 pm	HULA DANCE Esther 8:30 - 9:15 pm	Dance and Tone Chaya 8:30 - 9:20 pm		

MEN'S CLASSES

Pinnacle BOOTCAMP Don 2:00 - 3:00 pm	SPINNING Shmuel 2:15 - 3:00 pm	SPINNING Trainer 2:15 - 3:00 pm	BOOT CAMP Jesse 2:00 - 3:00 pm	SPINNING Shmuel 11:00 - 11:45 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 – 1 pm

Alternating Saturday: After Shabbos – 1 am

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, 1pm - 1 hour before sunset

Alternating Saturday: After Shabbos – 1 am