

CLASS SCHEDULE

June 15 – June 21

Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
DOUBLE STEP Deb B 8:30 - 9:30 am	TABATA WORKOUT Gina 9:45 - 10:30 am	YOGA Inna 8:30 – 9:30 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 – 10:30 am	Dance Party Julia 10:30 – 11:15 am	SPINNING Gina 9:45 - 10:30 am	Dance Party Julia 10:30 – 11:15 am	AQUAFIT Karen 9:30 – 10:30 am	SPINNING Gina 9:45 - 10:30 am	
SPINNING Gina 9:45 - 10:30 am	YOGA Julia 11:15 – 12 pm	CARDIO TONING Maya 10:15 - 11:00 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	
				Core Crusher Naomi 11:00 – 11:45 am		
			SPINNING Devorah 8:00 - 8:45 pm			
Power Pilates Miriam 7:45 – 8:30 pm	Dance Party Tiferet 7:30 - 8:30 pm	BOOT CAMP Deb 7:30 - 8:30 pm	Power Pilates Miriam (sub) 7:30 – 8:15 pm	Dance Party Julia 7:30 – 8:30 pm		
POUND Hadassah Dina 8:30 - 9:15 pm	Pilates Sculpt Wehmar 8:30 – 9:30 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		

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 Joshua 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