

# CLASS SCHEDULE

March 15 - March 21

Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
<b>DOUBLE STEP</b> Deb B 8:30 - 9:30 am	<b>TABATA WORKOUT</b> Gina 9:45 - 10:30 am	<b>CARDIO TONING</b> Maya 10:15 - 11:00 am	<b>Core Strength</b> Candace (sub) 9:45 - 10:30 am	<b>YOGA</b> Batya 9:00 - 10:00 am	<b>pilates</b> Alicia 9:50 - 10:35 am	<b>Split Hours</b>
<b>TOTAL BODY WORKOUT</b> Deb 9:30 - 10:30 am	<b>Dance Tots</b> Julia 10:30 - 11:15 am	<b>YOGA</b> Inna 11:10 - 12:10 pm	<b>Dance Tots</b> Miriam H. 10:30 - 11:15 am	<b>TABATA WORKOUT</b> Elana 10:00 - 11:00 am	<b>Dance Tots</b> Julia 10:40 - 11:40 am	
<b>SPINNING</b> Gina 9:45 - 10:30 am	<b>YOGA</b> Julia 11:15 - 12:00 pm		<b>Pilates Fusion</b> Julia 11:15 am - 12 pm			
<b>AQUAFIT</b> Gina 10:45 - 11:30 am						
			<b>PILOXING</b> Deb B 7:30 - 8:30 pm			
<b>pilates</b> Miri 7:45 - 8:30 pm	<b>Dance Tots</b> Tiferet 7:30 - 8:30 pm	<b>BOOT CAMP</b> Deb 7:30 - 8:30 pm	<b>SPINNING</b> Devorah 8:30 - 9:15 pm	<b>Dance Tots</b> Julia 7:30 - 8:30 pm		
<b>POUND</b> Lisa 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>POUND</b> Lisa 9:00 - 9:45 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 am	<b>SPINNING</b> Trainer 2:15 - 3:00 pm	<b>BOOT CAMP</b> Jess 2:00 - 3:00 pm		<b>SPINNING</b> Shmuel 10:30 - 11:15 pm
--	---	---	--	--	--	---

### Women's Hours

Sunday - Thursday: 8:30 am - 1:40 pm, 6:30 - 9:40 pm

Friday: 8:30 am - 1:00 pm

Saturday: After Shabbos - 10:00 pm

### 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, 1:15 pm - 1 hour before sunset

Saturday: 10:15 pm - 1 am