

CLASS SCHEDULE

March 8 - March 14

Sunday 8	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14
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 Strength Gina 9:45 - 10:30 am	YOGA Batya 9:00 - 10:00 am	pilates Alicia 9:50 - 10:35 am	Split Hours
TOTAL BODY WORKOUT Deb 9:30 - 10:30 am	Dance Tots Julia 10:30 - 11:15 am	CARDIO TONING Maya 10:15 - 11:00 am	Dance Tots Trina 10:30 - 11:15 am	Cardio Party Gina (sub) 10:00 - 11:00 am	SPINNING Gina 9:45 - 10:30 am	
SPINNING Wehmar (sub) 9:45 - 10:30 am	YOGA Julia 11:15 - 12:00 pm	YOGA Inna 11:10 - 12:10 pm	AQUAFIT Gina 10:45 - 11:30 am		Dance Tots Julia 10:40 - 11:40 am	
			Pilates Fusion Julia 11:15 am - 12 pm			
			PILOXING Deb B 7:30 - 8:30 pm			
pilates Miriam 7:45 - 8:30 pm	Dance Tots Tiferet 7:30 - 8:30 pm	BOOT CAMP Deb 7:30 - 8:30 pm	SPINNING Devorah 8:30 - 9:15 pm	Dance Tots Julia 7:30 - 8:30 pm		
POUND Lisa 8:30 - 9:15 pm		Barre Burn & Tone Lisa 8:30 - 9:15 pm	HULA DANCE Esther 8:30 - 9:15 pm	Dance and Tone Chaya 8:30 - 9:30 pm		POUND Lisa 8:30 - 9:15 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 am	SPINNING Trainer 2:15 - 3:00 pm	BOOT CAMP Jess 2:00 - 3:00 pm		SPINNING Shmuel 10:15 - 11:00 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: 10:15pm - 1 am