

# CLASS SCHEDULE

May 10 - May 16

Sunday 10	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16
 Julia 8:30 - 9:15 am		<b>CARDIO TONING</b> Maya 10:15 - 11:00 am	<b>Core Strength</b> Inna 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>
 Lisa 9:30 - 10:15 am	 Julia 10:30 - 11:15 am	<b>ADHOyoga</b> Inna 11:10 - 12:10 pm	 Miriam H. 10:30 - 11:15 am	<b>TABATA WORKOUT</b> Elana 10:00 - 11:00 am	 Julia 10:40 - 11:40 am	
 Rochel 9:30 - 10:15 pm	<b>YOGA</b> Julia 11:15 - 12:00 pm		<b>Pilates Fusion</b> Julia 11:15 am - 12 pm			
 Charna 10:30 - 11:15 am						
			<b>PILOXING</b> Deb B 7:30 - 8:30 pm	 Julia 7:30 - 8:30 pm		
<b>Power Pilates</b> Miriam 7:30 - 8:15 pm	 Tiferet 7:30 - 8:30 pm	 Lisa 7:30 - 8:30 pm	 Devorah 8:30 - 9:15 pm	 Leah 8:30 - 9:30 pm *** TEENS		
 Hadassah Dina 8:30 - 9:15 pm	<b>Strength &amp; Stretch</b> Lisa 8:30 - 9:15 pm	<b>BARRE</b> above Batsheva 8:30 - 9:15 pm	<b>HULA DANCE</b> Esther 8:30 - 9:15 pm			 Lisa 9:45 - 10:30 pm

## MEN'S CLASSES

 Trainer 2:15 - 3:00 pm	 Don 2:00 - 3:00 pm	 Shmuel 2:15 - 3:00 pm <b>Total Body HIIT</b> Rudy 10:10 - 11:10 pm	 Trainer 2:15 - 3:00 pm	 Jess 2:00 - 3:00 pm		 Shmuel 11:00 - 11:45 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 - 10:40 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: 10:45 pm - 1am**