

CLASS SCHEDULE

May 24 - May 30

Sunday 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30
DOUBLE STEP Deb B 8:30 - 9:30 am	MUSCLE MANIA Gina 9:45 - 10:30 am	SPINNING Gina 9:45 - 10:30 am	Core Strength Wehmar (sub) 9:45 - 10:30 am	YOGA Batya 9:00 - 10:00 am	pilates Alicia 9:50 - 10:35 am	Men Only
TOTAL BODY WORKOUT Deb 9:30 - 10:30 am	Dance Tuck Julia 10:30 - 11:15 am	CARDIO TONING Maya 10:15 - 11:00 am	Dance Tuck Miriam H. 10:30 - 11:15 am	TABATA WORKOUT Elana 10:00 - 11:00 am	Dance Tuck Julia 10:40 - 11:40 am	
SPINNING Gina 9:45 - 10:30 am	YOGA Julia 11:15 - 12:00 pm	ADHOyoga Inna 11:10 - 12:10 pm	Pilates Fusion Julia 11:15 am - 12 pm			
FULL BODY BLAST Charna 10:30 - 11:15 am						
AQUAFIT Gina 10:45 - 11:30 am			PILOXING Deb B 7:30 - 8:30 pm			
Power Pilates Miriam 7:45 - 8:15 pm	Dance Tuck Tiferet 7:30 - 8:30 pm	BOOT CAMP Deb 7:30 - 8:30 pm	SPINNING Devorah 8:30 - 9:15 pm	Dance Tuck Julia 7:30 - 8:30 pm		
POUND Hadassah Dina 8:30 - 9:15 pm	Strength & Stretch Lisa 8:30 - 9:15 pm	BARRE above Batsheva 8:30 - 9:15 pm	HULA DANCE Esther 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 pm Total Body HIIT Rudy 10:10 - 11:10 pm	SPINNING Trainer 2:15 - 3:00 pm	BOOT CAMP Jess 2:00 - 3:00pm		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 - 1:00 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, 1:15 pm - 1 hour before sunset

Alternating Saturday: After Shabbos - 1 am