

CLASS SCHEDULE

March 1 - March 7

| Sunday 1 | Monday 2 | Tuesday 3 | Wednesday 4 | Thursday 5 | Friday 6 | Saturday 7 |
|---|--|---------------|---|--|---|--|
| DOUBLE STEP Deb B 8:30 - 9:30 am | Cardio Party Gina 9:45 - 10:30 am | CLOSED | Core Strength Gina 9:45 - 10:30 am | YOGA Batya 9:00 - 10:00 am | pilates Miriam (sub) 9:45 - 10:30 am | Split Hours |
| TOTAL BODY WORKOUT Deb 9:30 - 10:30 am | CLOSING 5:00PM | | Dance Tots Trina 10:30 - 11:15 am | TABATA WORKOUT Elana 10:00 - 11:00 am | SPINNING Gina 9:45 - 10:30 am | |
| SPINNING Gina 9:45 - 10:30 am | | | AQUAFIT Gina 10:45 - 11:30 am | | Dance Tots Julia 10:40 - 11:40 am | |
| AQUAFIT Gina 10:45 - 11:30 am | | | Pilates Fusion Julia 11:15 am - 12 pm | | AQUAFIT Gina 10:45 - 11:30 am | |
| | | | Pound & Tone Lisa (sub) 7:30 - 8:30 pm | | | |
| pilates Miriam 7:45 - 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 | | | 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

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| SPINNING Trainer 2:15 - 3:00 pm | | | SPINNING Trainer 2:15 - 3:00 pm | BOOT CAMP Jess 2:00 - 3:00 pm | | SPINNING Shmuel 10:15 - 11:00 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 - 12:30pm

Saturday: After Shabbos - 9:30pm

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, 12:30pm - 1 hour before sunset

Saturday: 9:45pm - 12am