

# CLASS SCHEDULE

  

## October 5 – October 11

| Sunday<br>5                                           | Monday<br>6                                           | Tuesday<br>7 | Wednesday<br>8 | Thursday<br>9                                    | Friday<br>10                                    | Saturday<br>11                         |
|-------------------------------------------------------|-------------------------------------------------------|--------------|----------------|--------------------------------------------------|-------------------------------------------------|----------------------------------------|
| <b>DOUBLE STEP</b><br>Deb B<br>8:30 - 9:30 am         | <b>TABATA WORKOUT</b><br>Gina<br>9:45 - 10:30 am      |              |                | <b>TABATA WORKOUT</b><br>Elana<br>8:30 – 9:30 am | <b>pilates</b><br>Alicia<br>9:30 – 10:25 am     | <b>Split Hours</b>                     |
| <b>TOTAL BODY WORKOUT</b><br>Deb B<br>9:30 - 10:30 am | <b>Dance Party</b><br>Trina (sub)<br>10:30 – 11:15 am |              |                | <b>YOGA</b><br>Batya<br>9:30 – 10:30 am          | <b>SPINNING</b><br>Gina<br>9:45 - 10:30 am      |                                        |
| <b>SPINNING</b><br>Gina<br>9:45 - 10:30 am            |                                                       |              |                |                                                  | <b>Dance Party</b><br>Julia<br>10:30 – 11:30 am |                                        |
| <b>AQUAFIT</b><br>Gina<br>10:45 – 11:30 am            |                                                       |              |                |                                                  |                                                 |                                        |
|                                                       |                                                       |              |                |                                                  |                                                 |                                        |
| <b>pilates</b><br>Miriam<br>7:45 – 8:30 pm            |                                                       |              |                | <b>Dance Party</b><br>Julia<br>7:30 – 8:30 pm    |                                                 |                                        |
| <b>POUND</b><br>Hadassah Dina<br>8:30 - 9:15 pm       |                                                       |              |                |                                                  |                                                 | <b>POUND</b><br>Lisa<br>8:30 – 9:15 pm |

### MEN'S CLASSES

|                                              |                                                  |  |  |                                             |  |  |
|----------------------------------------------|--------------------------------------------------|--|--|---------------------------------------------|--|--|
| <b>SPINNING</b><br>Trainer<br>2:15 – 3:00 pm | <b>PIRACLE BOOTCAMP</b><br>Don<br>2:00 – 3:00 pm |  |  | <b>BOOT CAMP</b><br>Jesse<br>2:00 – 3:00 pm |  |  |
|----------------------------------------------|--------------------------------------------------|--|--|---------------------------------------------|--|--|

### Women's Hours

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

Friday: 8:30 am – 1 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, 1pm - 1 hour before sunset

**Saturday: 10:10 – 12 am**