

CLASS SCHEDULE

October 5 – October 11

Sunday 5	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11
DOUBLE STEP Deb B 8:30 - 9:30 am	TABATA WORKOUT Gina 9:45 - 10:30 am			YOGA Batya 9:00 – 10:00 am	SPINNING Gina 9:45 - 10:30 am	Split Hours
TOTAL BODY WORKOUT Deb B 9:30 - 10:30 am	Dance Party Trina (sub) 10:30 – 11:15 am			TABATA WORKOUT Gina (sub) 10:00 – 11:00 am	Dance Party Julia 10:30 – 11:30 am	
SPINNING Gina 9:45 - 10:30 am						
AQUAFIT Gina 10:45 – 11:30 am						
pilates Miriam 7:45 – 8:30 pm				Dance Party Julia 7:30 – 8:30 pm		
POUND Hadassah Dina 8:30 - 9:15 pm						POUND Lisa 8:30 – 9:15 pm

MEN'S CLASSES

SPINNING Trainer 2:15 – 3:00 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 – 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