

CLASS SCHEDULE

May 3 - May 9

Sunday 3	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9
DOUBLE STEP Deb B 8:30 - 9:30 am	MUSCLE MANIA Batsheva 9:45 - 10:30 am	CARDIO TONING Maya 10:15 - 11:00 am	Core Strength Batsheva 9:45 - 10:30 am	YOGA Batya 9:00 - 10:00 am	pilates Alicia 9:50 - 10:35 am	SPLIT HOURS
TOTAL BODY WORKOUT Deb 9:30 - 10:30 am	Dance Tots Julia 10:30 - 11:15 am	YOGA Inna 11:10 - 12:10 pm	Dance Tots Miriam H. 10:30 - 11:15 am	CARDIO TONING Batsheva 10:45-11:30 am	Dance Tots Julia 10:40 - 11:40 am	
SPINNING Rochel 9:45 - 10:30 am	YOGA Julia 11:15 - 12:00 pm		Pilates Fusion Julia 11:15 am - 12 pm			
FULL BODY BLAST Charna 10:30 - 11:15 am						
			YOGA Inna (sub) 7:30 - 8:30 pm			
Power Pilates Miriam 7:30 - 8:15 pm	Dance Tots Tiferet 7:30 - 8:30 pm	BOOT CAMP Deb 7:30 - 8:30 pm	SPINNING Devorah 8:30 - 9:15 pm	Dance Tots Julia 7:30 - 8:30 pm		
DOWN DOG 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	Let's Dance Leah 8:30 - 9:30 pm *** TEENS		DOWN DOG Lisa 9:45 - 10:30 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 - 3:00 pm		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

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