

CLASS SCHEDULE

March 29 - April 4

Sunday 29	Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3	Saturday 4
DOUBLE STEP Deb B 8:30 - 9:30 am	TABATA WORKOUT Gina 9:45 - 10:30 am	CARDIO TONING Maya 9:45 - 10:30 am	Cardio Core & more Gina 9:45 - 10:30 am	CLOSED	CLOSED	Regular Hours
TOTAL BODY WORKOUT Deb 9:30 - 10:30 am	Dance Feet Julia 10:30 - 11:15 am	SPINNING Gina 9:45 - 10:30 am	Ladies 8:30am - 12:30pm			No Classes
SPINNING Gina 9:45 - 10:30 am	YOGA Julia 11:15 - 12:00 pm		Men 12:45pm - 4:30pm			
AQUAFIT Gina 10:45 - 11:30 am						
pilates Miri 7:45 - 8:30 pm	Dance Feet Tiferet 7:30 - 8:30 pm					
POUND Lisa 8:30 - 9:15 pm						

MEN'S CLASSES

SPINNING Trainer 2:15 - 3:00 pm	Pinnacle BOOTCAMP Don 2:00 - 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 - 1:00 pm

Saturday: After Shabbos - 10:30 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: 10:45pm - 1 am