

# CLASS SCHEDULE

## November 19 - November 25

Sunday 19	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25
<b>CARDIO JAM</b> Gina (sub) 8:30 - 9:30 am	<b>TABATA WORKOUT</b> Gina 9:45 - 10:30 am	<b>SPINNING</b> Gina 9:45 - 10:30 am	<b>AQUAFIT</b> Sandy 9:30 - 10:30 am	<b>YOGA</b> Batya 9:15 - 10:00 am	<b>SPINNING</b> Gina 9:45 - 10:30 am	
<b>TOTAL BODY WORKOUT</b> Deb B 9:30 - 10:30 am	<b>Dance Party</b> Julia 10:30 - 11:15 am	<b>CARDIO TONING</b> Maya 10:15 - 11:00 am	<b>BODY SCULPT</b> Michele 9:45 - 10:30 am	<b>TABATA WORKOUT</b> Elana 10:00 - 11:00 am	<b>pilates</b> Alicia 9:45 - 10:30 am	
<b>SPINNING</b> Gina 9:45 - 10:30 am	<b>YOGA</b> Julia 11:15 am - 12 pm	<b>Cardio Barre</b> Ahuva 11:00 - 11:45 am	<b>Dance Party</b> Julia 10:30 - 11:15 am	<b>Ballet Barre</b> Ahuva 11:00 - 11:45 am	<b>Dance Party</b> Julia 10:35 - 11:35 am	
			<b>Pilates Fusion</b> Julia 11:15 am - 12 pm			
		<b>PILOXING</b> Deb 7:30 - 8:30 pm	<b>POUND</b> Lisa (sub) 7:30 - 8:15 pm			
	<b>Dance Party</b> Tiferet 7:30 - 8:20 pm	<b>AQUAFIT</b> Sandy (sub) 7:30 - 8:15 pm	<b>SPINNING</b> Gina 8:00 - 8:45 pm	<b>Dance Party</b> Trina (sub) 7:30 - 8:30 pm		<b>Dance Party</b> Esther 8:00 - 9:00 pm
<b>POUND</b> Hadassah Dina 8:30 - 9:15 pm	<b>FULL BODY BLAST</b> Charna 8:30 - 9:20 pm	<b>Dance Party</b> Trina/Rochel (sub) 8:30 - 9:30 pm	<b>YOGA</b> Brianna 8:30 - 9:30 pm	<b>FULL BODY BLAST</b> Charna 8:30 - 9:20 pm		

### MEN'S CLASSES

<b>SPINNING</b> Trainer 2:15 - 3:00 pm	<b>Pinnacle BOOTCAMP</b> Don 2:00 - 3:00 pm	<b>Pinnacle KICKBOXING</b> Joshua 10:00 - 11:00 pm	<b>Pinnacle BOOTCAMP</b> Joshua 2:00 - 3:00 pm <b>SPINNING</b> Trainer 2:15 - 3:00 pm		<b>SPINNING</b> Shmuel 10:00 - 10:45 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 - 12:20 pm

**Saturday:** After Shabbos - 9:15 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, 12:30 pm - 1 hour before sunset

**Saturday:** 9:30 pm - 1:00 am