

Class Schedule

Mar 19 - Mar 25

| Sunday 19 | Monday 20 | Tuesday 21 | Wednesday 22 | Thursday 23 | Friday 24 | Saturday 25 |
|-------------------------------------|-------------------------------------|-------------------------------------|---|-------------------------------|-------------------------------|-------------------------------|
| Chomie 9:30 - 10:15 am | Chomie (sub) 9:45 - 10:30 am | Chomie (sub) 9:30 - 10:15 am | Sandy 9:30 - 10:30 am Chomie 9:45 - 10:30 am | Batya 9:00 - 10:00 am | Gina 9:45 - 10:30 am | |
| Deb B 8:30 - 9:30 am | Julia 10:30 - 11:15 am | Maya 10:15 - 11:00 am | Julia 10:30 - 11:15 am | Elana 10:00 - 11:00 am | Julia 10:35 - 11:35 am | |
| Deb B 9:30 - 10:30 am | Julia 11:15 am - 12 pm | Ahuva (sub) 11:00 - 11:45 am | Julia 11:15 am - 12 pm | Talía 11:10 - 11:55 am | | |
| | | | Chomie (sub) 8:00 - 8:45 pm | | | |
| Chaya (sub) 7:30 - 8:30 pm | Tiferet 7:30 - 8:20 pm | Deb B 7:30 - 8:30 pm | Deb B 7:30 - 8:30 pm | Julia 7:30 - 8:30 pm | | Esther 9:00 - 10:00 pm |
| Hadassah Dina 8:30 - 9:15 pm | Charna 8:30 - 9:20 pm | Ronna 8:30 - 9:30 pm | Deb B 8:30 - 9:00 pm | Charna 8:30 - 9:20 pm | | |

Men's Classes

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|-------------------------------|---------------------------|--|-------------------------------|---------------------------|--|--|
| Trainer 2:15 - 3:00 pm | Don 2:00 - 3:00 pm | | Trainer 2:15 - 3:00 pm | 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 - 12:45 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, 1:00 pm - 1 hour before sunset

Saturday: 10:45 pm - 1:00 am