

CLASS SCHEDULE

June 9 - June 15

Sunday 9	Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14	Saturday 15
DOUBLE STEP Deb B 8:30 - 9:30 am	TABATA WORKOUT Gina 9:45 - 10:30 am				SPINNING Gina 9:45 - 10:30 am	Women Only
TOTAL BODY WORKOUT Deb B 9:30 - 10:30 am	Dance Party Trina (sub) 10:30 - 11:15 am	CARDIO TONING Maya 10:15 - 11:00 am			pilates Alicia 9:40 - 10:35 am	
SPINNING Gina 9:45 - 10:30 am	Flow Miriam 11:15 am - 12 pm				Dance Party Julia 10:40 - 11:40 am	
						Dance Party Esther 10:00 - 10:45 pm
CARDIO TONING Shalva 7:45 - 8:30 pm	Dance Party Chaya 7:30 - 8:20 pm					
POUND Hadassah Dina 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 - 12:45 pm

Alternating Saturdays: After Shabbos - 1:00 am

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

Alternating Saturdays: After Shabbos - 1:00 am