





















Class Schedule

May 15 – May 21

Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
SATURDAY 5/14 MEN'S HOURS ONLY AFTER SHABBOS - 1:00 AM	 Gina 9:45 - 10:30 am	 Gina 9:15 - 10:00 am	 Sandy 9:30 - 10:30 am	 Batya 9:00 - 10:00 am	 Gina 9:45 - 10:30 am	LADIES HOURS ONLY AFTER SHABBOS - 12:00 AM
DOUBLE STEP Deb 8:30 - 9:30 am	 Julia 9:50 - 10:30 am	CARDIO JAM Gina 10:00 - 11:00 am	 Julia 10:30 - 11:15 am	TABATA WORKOUT Elana 10:00 - 11:00 am	 Lisa 9:45 - 10:30 am	
TOTAL BODY WORKOUT Deb 9:30 - 10:30 am	 Julia 10:30 - 11:30 am	 Gina 11:00 - 11:45 am	 Julia 11:15 am - 12 pm	 Tiferet 11:10 am - 12 pm	 Julia 10:30 - 11:30 am	
	 Tiferet 7:30 - 8:20 pm	 Deb 7:30 - 8:30 pm	 Deb 7:30 - 8:30 pm	 Julia 7:30 - 8:30 pm		
 Hadassah Dina 8:30 - 9:15 pm	 Tiferet 8:20 - 9:05 pm	 Ronna 8:30 - 9:30 pm				

Men's Classes

 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 - 12:50 pm

Saturday: After Shabbos - 12:00 am

May 7th, May 21st, June 4th, June 18th

Men's Hours

Sunday - Thursday: 6:00 am - 8:20 am,

1:50 pm - 6:20 pm, 9:50 pm - **1:00 am**

Friday: 6:00 - 8:20 am, 1:00 pm - 1 hr. before Shabbos

Saturday: After Shabbos - 1:00 am

May 14th, May 28th, June 11th, June 25th