

# CLASS SCHEDULE

July 7 - June 13

Sunday 7	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13
<b>DOUBLE STEP</b> Deb B 8:30 - 9:30 am	<b>AQUAFIT</b> Sandy 8:30 - 9:30 am	<b>YOGA</b> Miriam 8:30 - 9:15 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>Women Only</b>
<b>TOTAL BODY WORKOUT</b> Deb B 9:30 - 10:30 am	<b>TABATA WORKOUT</b> Gina 9:45 - 10:30 am	<b>SPINNING</b> Gina 9:45 - 10:30 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>Dance Party</b> Julia 10:30 - 11:15 am	<b>CARDIO TONING</b> Maya 10:15 - 11:00 am	<b>Dance Party</b> Julia 10:30 - 11:15 am	<i>Raising The Barre</i> Ahuva 11:00 - 11:45 am	<b>Dance Party</b> Julia 10:35 - 11:35 am	
	<b>YOGA</b> Julia 11:15 am - 12 pm		<i>Pilates Fusion</i> Julia 11:15 am - 12 pm			
			<b>SPINNING</b> Gina 8:00 - 8:45 pm			<b>Dance Party</b> Esther 10:15 - 11:00 pm
<b>CARDIO TONING</b> Shalva 7:45 - 8:30 pm	<b>Dance Party</b> Chaya 7:30 - 8:20 pm	<b>BOOT CAMP</b> Deb B 7:30 - 8:30 pm	<b>PILOXING</b> Deb B 7:30 - 8:30 pm	<b>Dance Party</b> Julia 7:30 - 8:30 pm		
<b>POUND</b> Hadassah Dina 8:30 - 9:15 pm	<b>FULL BODY BLAST</b> Charna 8:30 - 9:20 pm	<b>BARRE above</b> Ronna 8:30 - 9:30 pm	<b>BODY AND SOUL</b> Naomi 8:30 - 9:15 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>SPINNING</b> Shmuel 2:15 - 3:00 pm	<b>SPINNING</b> Trainer 2:15 - 3:00 pm	<b>BOOT CAMP</b> Joshua 2:00 - 3:00 pm <b>SPINNING</b> Shmuel 10:30 - 11:15 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

**Saturdays:** After Shabbos - 1:00 am, alternating weeks

### 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

**Saturdays:** After Shabbos - 1:00 am, alternating weeks