

Class Schedule

Jan 22 - Jan 28

Sunday 22	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28
	Gina 9:45 - 10:30 am	Gina 9:30 - 10:15 am	Sandy 9:30 - 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	Chomie (sub) 10:00 - 11:00 am NEW INSTRUCTOR!	Julia 10:35 - 11:35 am	
Deb B 9:30 - 10:30 am	Julia 11:15 am - 12 pm	Gina 11:00 - 11:45 am	Julia 11:15 am - 12 pm	Talia 11:10 - 11:55 am		
		Gina 12:15 - 1:00 pm	Gina 8:00 - 8:45 pm			
Miriam 7:30 - 8:15 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 8:00 - 9:00 pm
Hadassah Dina 8:30 - 9:15 pm		Ronna 8:30 - 9:30 pm	Deb B 8:30 - 9:00 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 - 12:20 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 hr. before Shabbos

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