

CLASS SCHEDULE

April 14 - April 20

Sunday 14	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20
DOUBLE STEP Deb B 8:30 - 9:30 am	TABATA WORKOUT Gina 9:45 - 10:30 am	SPINNING Gina 9:45 - 10:30 am	AQUAFIT Sandy 9:30 - 10:30 am	YOGA Batya 9:15 - 10:00 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	BODY SCULPT Michele 9:45 - 10:30 am	TABATA WORKOUT Elana 10:00 - 11:00 am	pilates Alicia 9:45 - 10:30 am	
SPINNING Gina 9:45 - 10:30 am			Dance Party Trina (sub) 10:30 - 11:15 am		Dance Party Trina (sub) 10:35 - 11:35 am	
						Dance Party Esther 10:00 - 11:00 pm
	Dance Party Chaya 7:30 - 8:20 pm	BOOT CAMP Deb B 7:30 - 8:30 pm	CARDIO TONING Naomi (sub) 7:30 - 8:30 pm	Dance Party Trina (sub) 7:30 - 8:30 pm		
POUND Hadassah Dina 8:30pm - 9:15pm	FULL BODY BLAST Charna 8:30 - 9:20 pm	BARRE above Ronna 8:30 - 9:30 pm	BODY AND SOUL Naomi 8:30 - 9:15 pm	FULL BODY BLAST Charna 8:30 - 9:20 pm		

MEN'S CLASSES

SPINNING Trainer 2:15 - 3:00 pm	Pinnacle BOOTCAMP Don 2:00 - 3:00 pm	SPINNING Shmuel 2:15 - 3:00 pm KICKBOXING Joshua 3:00 - 4:00 pm	SPINNING Trainer 2:15 - 3:00 pm	BOOT CAMP Joshua 2:00 - 3:00 pm SPINNING 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

Alternating Saturdays: After Shabbos - 1am

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 - 1am