

Class Schedule

July 28 - August 3

Sunday 28	Monday 29	Tuesday 30	Wednesday 31	Thursday 1	Friday 2	Saturday 3
Double Step Deb 8:30 - 9:30 am	AQUAFIT Sandy 8:30 - 9:30 am	YOGA Miriam 9:15 - 10:00 am	AQUAFIT Sandy 9:30 - 10:30 am	YOGA Batya 9:00 - 10:00 am	SPINNING Gina 9:45 - 10:30 am	MEN ONLY
TOTAL BODY WORKOUT Deb B 9:30 - 10:30 am	TABATA WORKOUT Gina 9:45 - 10:30 am	SPINNING Gina 9:45 - 10:30 am	Body Sculpt Michele 9:45 - 10:30 am	TABATA WORKOUT Elana 10:00 - 11:00 am	pilates Alicia 9:40 - 10:35 am	
	Dance Tots Julia 10:30 - 11:15 am	CARDIO TONING Maya 10:15 - 11:00 am	Dance Tots Julia 10:30 - 11:15 am	<i>Raising the Barre</i> Ahuva 11:00 - 11:45 am	Dance Tots Julia 10:40 - 11:40 am	
SPINNING Gina 7:30 - 8:15 pm * This week only	YOGA Julia 11:15 - 12:00 pm		<i>Pilates Fusion</i> Julia 11:15 - 12:00 pm SPINNING Devorah 8:00 - 8:45 pm			
Cardio Toning Shalva 7:45 - 8:30 pm	Dance Tots Chaya 7:30 - 8:20 pm	BOOT CAMP Deb B 7:30 - 8:30 pm	PILOXING Deb 7:30 - 8:30 pm	Dance Tots Julia 7:30 - 8:30 pm		
POUND Hadassah Dina 8:30 - 9:15 pm	FULL BODY BLAST Charna 8:30 - 9:20 pm	BARRE above Deb (sub) 8:30 - 9:30 pm	BODY AND SOUL Naomi 8:30 - 9:15 pm	FULL BODY BLAST Charna 8:30 - 9:20pm		

Men's Classes

SPINNING Trainer 2:15 - 3:00 pm	Pinnacle BOOTCAMP Don 2:00 - 3:00 pm		SPINNING Trainer 2:15 - 3:00 pm	Bootcamp Joshua 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

Alternating Saturday: 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, 12:30 pm - 1 hr. before Shabbos

Alternating Saturday: After Shabbos - 1:00am