

Class Schedule

Mar 26 - Apr 1

Sunday 26	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31	Saturday 1
DOUBLE STEP Deb B 8:30 - 9:30 am	TABATA WORKOUT Gina 9:45 - 10:30 am	SPINNING Gina 9:30 - 10:15 am	AQUAFIT Sandy 9:30 - 10:30 am FULL BODY BURN Chomie 9:45 - 10:30 am	YOGA Batya 9:00 - 10:00 am	SPINNING Gina 9:45 - 10:30 am	
TOTAL BODY WORKOUT Deb B 9:30 - 10:30 am	Dance Party Julia 10:30 - 11:15 am	CARDIO TONING Maya 10:15 - 11:00 am	Dance Party Julia 10:30 - 11:15 am	TABATA WORKOUT Elana 10:00 - 11:00 am	Dance Party Julia 10:35 - 11:35 am	
BIKE BLAST Chomie 9:30 - 10:15 am	YOGA Julia 11:15 am - 12 pm	pilates Gina 11:00 - 11:45 am	pilates Julia 11:15 am - 12 pm	powerhoop Talia 11:10 - 11:55 am		
			SPINNING Gina 8:00 - 8:45 pm			
Cardio KICKBOXING Miriam 7:30 - 8:30 pm	Dance Party Tiferet 7:30 - 8:20 pm	BOOT CAMP Deb B 7:30 - 8:30 pm	PILOXING Deb B 7:30 - 8:30 pm	Dance Party Julia 7:30 - 8:30 pm		Dance Party Esther 9:00 - 10:00 pm
POUND Hadassah Dina 8:30 - 9:15 pm		CORE, STRETCH, & YOGA Deb B (sub) 8:30 - 9:30 pm	CORE, STRETCH, & YOGA Deb B 8:30 - 9:00 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 Trainer 2:15 - 3:00 pm	Pinnacle BOOTCAMP 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 - 12:45 pm

Saturday: After Shabbos - 10:30 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, 1:00 pm - 1 hour before sunset

Saturday: 10:45 pm - 1:00 am