

# CLASS SCHEDULE

June 4 - June 10

Sunday 4	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10
<b>CARDIO JAM</b> Gina (sub) 9:00 - 10:00 am	<b>TABATA WORKOUT</b> Gina 9:45 - 10:30 am	<b>SPINNING</b> Gina 9:45 - 10:30 am	<b>AQUAFIT</b> Sandy 9:30 - 10:30 am	<b>YOGA</b> Batya 9:00 - 9:45 am	<b>SPINNING</b> Gina 9:45 - 10:30 am	Saturday 6/10 is ladies' hours
<b>STRAIGHT-UP STRENGTH</b> Gina (sub) 10:00 - 11:00 am	<b>Dance Party</b> Julia 10:30 - 11:15 am	<b>CARDIO TONING</b> Maya 10:15 - 11:00 am	<b>BODY SCULPT</b> Michele 9:45 - 10:30 am <b>NEW CLASS!</b>	<b>TABATA WORKOUT</b> Elana 10:00 - 11:00 am	<b>Dance Party</b> Julia 10:35 - 11:35 am	
<b>BIKE BLAST</b> Chomie 9:30 - 10:15 am	<b>YOGA</b> Julia 11:15 am - 12 pm	<b>FULL BODY BURN</b> Chomie 11:00 - 11:45 am	<b>Dance Party</b> Julia 10:30 - 11:15 am			
			<b>Pilates Fusion</b> Julia 11:15 am - 12 pm			
			<b>PILOXING</b> Deb B 7:30 - 8:30 pm			
<b>Cardio KICKBOXING</b> Miriam 7:30 - 8:30 pm	<b>Dance Party</b> Tiferet 7:30 - 8:20 pm	<b>BOOT CAMP</b> Deb B 7:30 - 8:30 pm	<b>SPINNING</b> Gina 8:00 - 8:45 pm	<b>Dance Party</b> Julia 7:30 - 8:30 pm		<b>Dance Party</b> Esther 10:00 - 11:00 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>pilates</b> Alicia 8:30 - 9:15 pm <b>NEW CLASS!</b>	<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> Trainer 2:15 - 3:00 pm	<b>Pinnacle BOOTCAMP</b> 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 - 1:00 am**

June 10, June 24, July 8, July 22

### 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:** After Shabbos - 1:00 am

June 3, June 17, July 1, July 15, July 29