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<p>Saturday 1/29/22</p>  <p>Esther 8:00 – 9:00 pm CANCELLED</p>	 <p>Gina 9:45 – 10:30 am</p>	 <p>Gina 9:15 - 10:00 am</p>		 <p>Batya 9:00 – 10:00 am</p>		<p>WOMEN After Shabbos - 9:15 PM</p> <p>MEN 9:20 PM - Midnight</p>
<p>DOUBLE STEP</p> <p>Deb 8:30 - 9:30 am</p>	 <p>Julia 10:30 - 11:30 am</p>	<p>CARDIO JAM</p> <p>Gina 10:00 - 11:00 am</p>	 <p>Julia 10:15 - 11:15 am</p>	<p>TABATA WORKOUT</p> <p>Elana 10:00 - 11:00 am</p>	 <p>Julia 10:30 - 11:30 am</p>	
<p>TOTAL BODY WORKOUT</p> <p>Deb 9:30 - 10:00 am 30-minute class</p>		<p>POWER HOUR</p> <p>Gina 11:00 – 11:45 am</p>	 <p>Julia 11:15 am - 12 pm</p>	 <p>Talia (sub) 11:15 am – 12 pm</p>		
 <p>Hadas 8:30 – 9:15 pm</p>	 <p>Tiferet 7:30 – 8:20 pm</p>	 <p>Deb 7:30 - 8:30 pm</p>	 <p>Deb 7:30 – 8:30 pm</p>	 <p>Julia 7:30 - 8:30 pm</p>		 <p>Esther 8:00 - 9:00 pm</p>
	 <p>Tiferet 8:20 - 9:05 pm</p>	 <p>Ronna 8:30 – 9:30 pm</p>	 <p>Gina 8:00 – 9:00 pm</p>	 <p>Lisa 8:30 - 9:30 pm</p>		
			<p>CORE, STRETCH, & YOGA</p> <p>Deb (sub) 8:30 – 9:30 pm</p>			

Men's Classes

 <p>Trainer 2:15 - 3:00 pm</p>	 <p>Don 2:00 - 3:00 pm</p>		 <p>Trainer 2:15 - 3:00 pm</p>	 <p>Don 2:00 – 3:00 pm</p>		
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Women's Hours

Sunday - Thursday: 8:30 am - 1:40 pm, 6:30 - 9:40 pm

Friday: 8:30 am - 12:25 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: 9:20 pm - midnight