









## Class Schedule

Jan 15 - Jan 21

Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
	 Gina 9:45 - 10:30 am <b>NEW CLASS!</b>	 Gina 9:30 - 10:15 am	 Sandy 9:30 - 10:30 am		 Gina 9:45 - 10:30 am	
 Deb B 8:30 - 9:30 am	 Julia 10:30 - 11:15 am	 Maya 10:15 - 11:00 am	 Julia 10:30 - 11:15 am	 Elana 10:00 - 11:00 am	 Julia 10:35 - 11:35 am	
 Deb B 9:30 - 10:30 am	 Julia 11:15 - 11:55 am	 Gina 11:00 - 11:45 am	 Julia 11:15 am - 12 pm	 Talia 11:10 - 11:55 am		
			 Gina 8:00 - 8:45 pm	 Gina 12:15 - 1:00 pm		
 Miriam 7:30 - 8:15 pm	 Tiferet 7:30 - 8:20 pm	 Deb B 7:30 - 8:30 pm	 Deb B 7:30 - 8:30 pm	 Julia 7:30 - 8:30 pm		 Esther 8:00 - 9:00 pm
 Hadassah Dina 8:30 - 9:15 pm	 Charna 8:30 - 9:30 pm	 Ronna 8:30 - 9:30 pm	 Deb B 8:30 - 9:00 pm	 Charna 8:30 - 9:30 pm		

### Men's Classes

 Trainer 2:15 - 3:00 pm	 Don 2:00 - 3:00 pm		 Trainer 2:15 - 3:00 pm	 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 - 12:20 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: **9:30 pm** - 1:00 am