

Class Schedule

August 14 – August 20

Sunday 14	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20
	Gina 9:45 - 10:30 am		Sandy 9:30 - 10:30 am	Batya 9:15 - 10:00 am	Gina 9:45 - 10:30 am	MEN'S HOURS ONLY AFTER SHABBOS - 1:00 AM
Deb B 8:30 - 9:30 am		Gina 10:00 - 11:00 am	Liz 9:45 - 10:30 am		Lisa 10:00 - 10:30 am	
Deb B 9:30 - 10:30 am			Julia 10:30 - 11:15 am	Tiferet 11:10 am - 12 pm	Julia 10:30 - 11:30 am	
			Julia 11:15 am - 12 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		
Hadassah Dina 8:30 - 9:15 pm	Tiferet 8:20 - 9:05 pm	Ronna 8:30 - 9:30 pm	Deb B 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 - 12:50 pm

Saturday: After Shabbos – 1:00 am

July 30th, Aug 13th, Aug 27th, Sept. 10th, Sept. 24th

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 hr. before Shabbos

Saturday: After Shabbos – 1:00 am

Aug 20th, Sept. 3rd, Sept. 17th, Oct. 1st