

# CLASS SCHEDULE

April 28 - May 4

Sunday 28	Monday 29	Tuesday 30	Wednesday 1	Thursday 2	Friday 3	Saturday 4
<b>DOUBLE STEP</b> Deb B 9:00 - 9:45 am	Closed	Women Only 9:00pm - 12 am	 Sandy 9:30 - 10:30 am	 Batya 9:15 - 10:00 am	 Gina 9:45 - 10:30 am	Women Only
<b>TOTAL BODY WORKOUT</b> Deb B 9:45 - 10:30 am			<b>BODY SCULPT</b> Michele 9:45 - 10:30 am	 Elana 10:00 - 11:00 am	 Alicia 9:45 - 10:30 am	
 Gina 9:45 - 10:30 am			 Julia 10:30 - 11:15 am	<i>Raising The Bar</i> Ahuva 11:00 - 11:45 am	 Julia 10:35 - 11:35 am	
			<i>Pilates Fusion</i> 11:15am - 12pm			
			 Gina 8:00 - 8:45 pm			 Esther 10:00 - 11:00pm
			 Deb 7:30 - 8:30 pm	 Julia 7:30 - 8:30 pm		
			 Naomi 8:30 - 9:15 pm	 Charna 8:30 - 9:20 pm		

## MEN'S CLASSES

			 Trainer 2:15 - 3:00 pm	Bootcamp Joshua 3:00 - 4:00pm		
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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

Alternating Saturdays: After Shabbos - 1am

### 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

Alternating Saturdays: After Shabbos - 1am