





# Class Schedule

May 28 - June 3

Sunday 28	Monday 29	Tuesday 30	Wednesday 31	Thursday 1	Friday 2	Saturday 3
<b>Saturday 5/27</b> <b>Women's hours</b>  Esther 10:00 - 11:00 pm	 Gina 9:45 - 10:30 am	 Gina 9:45 - 10:30 am	 Sandy 9:30 - 10:30 am	 Batya 9:00 - 10:00 am	 Gina 9:45 - 10:30 am	Men's hours only After Shabbos until 1:00 am
<b>CARDIO JAM</b> Gina (sub) 8:30 - 9:30 am	 Julia 10:30 - 11:15 am	<b>CARDIO TONING</b> Maya 10:15 - 11:00 am	 Julia 10:30 - 11:15 am	 Elana 10:00 - 11:00 am	 Julia 10:35 - 11:35 am	
<b>STRAIGHT-UP STRENGTH</b> Gina (sub) 9:30 - 10:30 am	 Julia 11:15 am - 12 pm	<b>FULL BODY BURN</b> Chomie 11:00 - 11:45 am	<b>Pilates Fusion</b> Julia 11:15 am - 12 pm			
 Chomie 9:30 - 10:15 am			 Gina 8:00 - 8:45 pm			
 Miriam 7:30 - 8:30 pm	 Tiferet 7:30 - 8:20 pm	<b>CARDIO BARRE</b> Ronna (sub) 7:30 - 8:30 pm	 Lisa (sub) 7:30 - 8:15 pm	 Julia 7:30 - 8:30 pm		
 Hadassah Dina 8:30 - 9:15 pm	 Charna 8:30 - 9:20 pm	<b>BARRE above</b> Ronna 8:30 - 9:30 pm	 Alicia 8:30 - 9:15 pm <b>NEW CLASS!</b>	 Charna 8:30 - 9:20 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 - 12:45 pm

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

May 27, 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