

CLASS SCHEDULE

October 27 - November 2

Sunday 27	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday 1	Saturday 2
DOUBLE STEP Deb B 8:30 - 9:30 am	TABATA WORKOUT Gina 9:45 - 10:30 am	YOGA Miriam 9:15 - 10:00 am	AQUAFIT Sandy 9:30 - 10:30 am	YOGA Batya 9:00 - 10:00 am	SPINNING Gina 9:45 - 10:30 am	
TOTAL BODY WORKOUT Deb B 9:30 - 10:30 am	Dance Party Julia 10:30 - 11:15 am	SPINNING Gina 9:45 - 10:30 am	BODY SCULPT Michele 9:45 - 10:30 am	TABATA WORKOUT Elana 10:00 - 11:00 am	pilates Alicia 9:40 - 10:35 am	
SPINNING Devorah (sub) 9:45 - 10:30 am	YOGA Julia 11:15 - 12:00 pm	Cardio Toning Maya 10:15 - 11:00 am	Dance Party Julia 10:30 - 11:15 am	<i>Raising The Bar</i> Ahuva 11:00 - 11:45 am	Dance Party Julia 10:40 - 11:40 am	
		BODY & SOUL Naomi 11:00 - 11:45 am	Pilates Fusion Julia 11:15 - 12:00 pm			
			SPINNING Devorah 8:00 - 8:45 pm			
Cardio Toning Miriam 7:45 - 8:30 pm	Dance Party Chaya 7:30 - 8:20 pm	BOOT CAMP Deb B 7:30 - 8:30 pm	PILOXING Deb B 7:30 - 8:30 pm	Dance Party Julia 7:30 - 8:30 pm		
POUND Hadassah Dina 8:30pm - 9:15pm	FULL BODY BLAST Charna 8:30 - 9:20 pm	YOGA Deb (sub) 8:30 - 9:00 pm	HULA DANCE Esther 8:30 - 9:15 pm	FULL BODY BLAST Charna 8:30 - 9:20 pm		

MEN'S CLASSES

SPINNING Trainer 2:15 - 3:00 pm	Pinnacle BOOTCAMP Don 2:00 - 3:00 pm		SPINNING Trainer 2:15 - 3:00 pm	BOOT CAMP Joshua 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 - 9:55 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, 1:00 pm - 1 hour before sunset

Saturday: 10:00 pm - 1 am