

CLASS SCHEDULE

September 29 – October 5

Sunday 29	Monday 30	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5
DOUBLE STEP Deb B 8:30 - 9:30 am	TABATA WORKOUT Gina 9:45 - 10:30 am		AQUAFIT Sandy 9:30 - 10:30 am	CLOSED	CLOSED	SPLIT HOURS
TOTAL BODY WORKOUT Deb B 9:30 - 10:30 am	Dance Tots Julia 10:30 - 11:15 am	SPINNING Gina 9:45 - 10:30 am	BODY SCULPT Michele 9:45 - 10:30 am			
SPINNING Gina 9:45 - 10:30 am	YOGA Julia 11:15 am - 12 pm	CARDIO TONING Maya 10:15 - 11:00 am	Dance Tots Julia 10:30 - 11:15 am			
		BODY A N D SOUL Naomi 11:00 - 11:45 am	Pilates Fusion Julia 11:15 am - 12 pm			
CARDIO TONING Miriam 7:45 - 8:30 PM	Dance Tots Chaya 7:30 - 8:20 pm	PILOXING Deb B 7:30 - 8:30 pm				HULA DANCE Esther 9:00 - 9:45 pm
POUND Lisa (sub) 8:30 - 9:15 pm	FULL BODY BLAST Charna 8:30 - 9:20 pm	BARRE above Deb (sub) 8:30 - 9:30 pm				

MEN'S CLASSES

SPINNING Trainer 2:15 - 3:00 pm	Pinnacle BOOTCAMP Don 2:00 - 3:00 pm	SPINNING Shmuel 2:15 - 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 - 12:15 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, 12:30 pm - 1 hour before sunset

Saturday: 10:00 - 1am