


CLASS SCHEDULE

March 23 – March 29

Sunday 23	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29
 Rochel (sub) 8:30 - 9:30 am	 Wehmar (sub) 9:45 – 10:30 am	 Ina 9:30 – 10:15 am New Instructor	 Sandy 9:30 - 10:30 am	 Batya 9:00 – 10:00 am	 Alicia 9:30 – 10:25 am	
TOTAL BODY WORKOUT Batya (sub) 9:30 – 10:30am	 Julia 10:30 – 11:15 am	 Wehmar (sub) 9:45 - 10:30 am	Body Sculpt Michele 9:45 - 10:30 am	 Elana 10:00 – 11:00 am	 Gina 9:45 - 10:30 am	
 Rochel (sub) 9:45 - 10:30 am	 Julia 11:15 – 12pm	 Maya 10:15 - 11:00 am	 Trina (sub) 10:30 – 11:15 am	Core Crusher Naomi 11:00 – 11:30 am (30 min)	 Trina (sub) 10:30 – 11:30 am	
			<i>Pilates Fusion</i> Gina (sub) 11:15 am - 12 pm			
			 Devorah 8:00 - 8:45 pm			
 Wehmar (sub) 7:30 – 8:15 pm	 Tiferet 7:30 - 8:30 pm	 Deb B 7:30 – 8:30 pm	 Ronna (sub) 7:30 – 8:30 pm	 Trina (sub) 730 – 8:30 pm		 Chaya 9:15 – 10:15 pm
 Hadassah Dina 8:30 – 9:15 pm	Pilates Sculpt Wehmar 8:30 – 9:30 pm	 Deb (sub) 8:30 - 9:30 pm	HULA DANCE Esther 8:30 - 9:15 pm	Dance and Tone Chaya 8:30 – 9:20 pm		

MEN'S CLASSES

 Trainer 2:15 - 3:00 pm	 Don 2:00 - 3:00 pm	 Shmuel 2:15 – 3:00 pm	 Trainer 2:15 – 3:00 pm	 Joshua 2:00 – 3:00 pm		 Shmuel 10:30 – 11:15 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 - 12:30pm

Saturday: After Shabbos – 10:30 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, 12:45 pm - 1 hour before sunset

Saturday: 10:45 – 1 am