

CLASS SCHEDULE

March 30 – April 5

Sunday 30	Monday 31	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	YOGA Ina 9:30 - 10:15 am New Instructor	AQUAFIT Sandy 9:30 - 10:30 am	YOGA Batya 9:00 - 10:00 am	pilates Alicia 9:30 - 10:25 am	
TOTAL BODY WORKOUT Deb 9:30 - 10:30am	Dance Tuck Trina (sub) 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	SPINNING Gina 9:45 - 10:30 am	
SPINNING Gina 9:45 - 10:30 am	YOGA Miriam (sub) 11:15 - 12pm	CARDIO TONING Maya 10:15 - 11:00 am	Dance Tuck Trina (sub) 10:30 - 11:15 am	Core Crusher Naomi 11:00 - 11:30 am (30 min)	Dance Tuck Trina (sub) 10:30 - 11:30 am	
			Pilates Fusion Gina (sub) 11:15 am - 12 pm			
			SPINNING Devorah 8:00 - 8:45 pm			
Muscle Mania Wehmar (sub) 7:30 - 8:30 pm	Dance Tuck Tiferet 7:30 - 8:30 pm	BOOT CAMP Deb B 7:30 - 8:30 pm	PILOXING Deb B 7:30 - 8:30 pm	Dance Tuck Trina (sub) 7:30 - 8:30 pm		
POUND Hadassah Dina 8:30 - 9:15 pm	Pilates Sculpt Wehmar 8:30 - 9:30 pm	BARRE above Ronna 8:30 - 9:30 pm	YOGA Deb (sub) 8:30 - 9:30 pm	Dance and Tone Chaya 8:30 - 9:20 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	SPINNING Trainer 2:15 - 3:00 pm	BOOT CAMP Joshua 2:00 - 3:00 pm	SPINNING 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 - 1pm

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, 1:15 pm - 1 hour before sunset

Saturday: 10:45 - 1 am