

Class Schedule

Jan 3 – Jan 9

Sunday 3	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9
	PIYO Julia 9:45 - 10:30 am	YOGA Sarit 8:30 - 9:30 am	AQUAFIT Sandy 9:30 - 10:30 am	YOGA Sarit 8:30 - 9:30 am		
DOUBLE STEP Deb B 8:30 - 9:30 am	Dance Party Julia 10:30 - 11:30 am	Cardio Kickboxing Gina 10:00 - 10:45 am	Dance Party Julia 10:15 - 11:15 am	powerhoop® Tiferet 11:10 am - 12 pm	Dance Party Julia 10:30 - 11:30 am	
TOTAL BODY WORKOUT Deb B 9:30 - 10:30 am		POWER HOUR Gina 10:45 - 11:30 am	pilates Julia 11:15 am - 12 pm			
MUSCLE MANIA Elana 8:30 - 9:30 pm	Dance Party Tiferet 7:30 - 8:30 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		Dance Party Esther 7:45 - 8:45 pm
	powerhoop® Tiferet 8:30 - 9:30 pm	BARRE above® Ronna 8:40 - 9:40 pm	SPINNING® Gina 8:00 - 8:45 pm			Dance Party Sat Jan 2nd Dance Party Esther 7:45 - 8:45 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	Pinnacle BOOTCAMP Don 2:00 - 3:00 pm		
	SPINNING® Yoel 5:15 pm - 6:15 pm			SPINNING® Yoel 5:15 - 6:15 pm		

Women's Hours

Sunday - Thursday: 8:30 am - 1:40 pm, 6:30 - 9:40 pm

Friday: 8:30 am - 12:20 pm

Saturday: 6:30 pm - 9:30 pm

Men's Hours

Sunday - Thursday: 6:00 am - 8:20 am,
1:50 pm - 6:20 pm, 9:50 pm - 12:00 am (midnight)
Friday: 6:00 - 8:20 am, 12:30 pm - 1 hr. before sunset

Saturday: 9:45 pm - midnight