

## Class Schedule

Nov 22 – Nov 28

Sunday 22	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28
	<b>PIYO</b> Julia 9:45 - 10:30 am	<b>NEW CLASS!</b> <b>YOGA</b> Sarit 8:30 - 9:30 am	<b>AQUAFIT</b> Sandy 9:30 - 10:30 am	<b>NEW CLASS!</b> <b>YOGA</b> Sarit 8:30 - 9:30 am		
<b>DOUBLE STEP</b> Deb B 8:30 - 9:30 am	<b>Dance Party</b> Julia 10:30 - 11:30 am	<b>Cardio Kickboxing</b> Gina 10:00 - 10:45 am	<b>Dance Party</b> Julia 10:15 - 11:15 am	<b>NEW TIME</b> <b>powerhoop®</b> Tiferet 11:10 am - 12 pm	<b>Dance Party</b> Julia 10:30 - 11:30 am	
<b>TOTAL BODY WORKOUT</b> Deb B 9:30 - 10:30 am		<b>POWER HOUR</b> Gina 10:45 - 11:30 am	<b>pilates</b> Julia 11:15 am - 12 pm			
<b>MUSCLE MANIA</b> Elana 8:30 - 9:30 pm	<b>Dance Party</b> Tiferet 7:30 - 8:30 pm	<b>BOOT CAMP</b> Deb B 7:30 - 8:30 pm	<b>PILOXING</b> Deb B 7:30 - 8:30 pm	<b>Dance Party</b> Julia 7:30 - 8:30 pm		<b>Dance Party</b> Esther 7:45 - 8:45 pm
	<b>powerhoop®</b> Tiferet 8:30 - 9:30 pm		<b>NEW CLASS!</b> <b>SPINNING</b> Gina 8:00 - 8:45 pm			<b>Saturday 11/21</b> <b>Dance Party</b> Esther 7:45 - 8:45 pm

### Men's Classes

<b>SPINNING</b> Trainer 2:15 - 3:00 pm	<b>PINNACLE BOOTCAMP</b> Don 2:00 - 3:00 pm		<b>SPINNING</b> Trainer 2:15 - 3:00 pm	<b>PINNACLE BOOTCAMP</b> Don 2:00 - 3:00 pm		
	<b>SPINNING</b> Yoel 5:15 pm - 6:15 pm			<b>SPINNING</b> 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**