

Class Schedule

July 12 – 18

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Deb B 8:30 - 9:15 am		Strength & Posture Mimi 10 am - 11 am	 Julia 10:15 - 11:15 am	BARRE above Ronna 10:00 - 11:00 am	 Julia 10:30 - 11:30 am	
 Deb B 9:15 - 10:00 am	 Julia 10:15 - 11:15 am		 Julia 11:15 am - 12 pm			
MUSCLE MANIA Elana 8:30 - 9:30 pm	 Hadas 8:30 - 9:15 pm	BOOT CAMP Deb B 7:30 - 8:30 pm	PILOXING Deb B 7:30 - 8:30 pm	 Julia 7:30 - 8:30 pm		
		BARRE above Ronna 8:40 - 9:40 pm				

Men's classes

 Trainer (men) 2:15 - 3:00 pm	 Don (men) 2:00 - 3:00 pm		 Trainer (men) 2:15 - 3:00 pm	 Don (men) 2:00 - 3:00 pm		
		 Einhorn (men) 10:15 - 11:00 pm				

Women's Hours

Sunday - Thursday : 8:30am - 1:40pm, 6:30 - 9:45 pm

Friday: 8:30 am - 12:55 pm

Saturday: 2nd and 4th week of each month

72 mins after sunset - 1:00 am

Men's Hours

Sunday - Thursday: 6:00 am - 8:25 am,
1:45 - 6:25 pm, 9:50 pm - 12:00 am (midnight)
Friday: 6:00 - 8:25 am, 1:00 pm - 1 hr. before sunset

Saturday: 1st^d and 3rd^d week of each month

72 mins after sunset - 1:00 am