














Class Schedule

Sept 13 – Sept 19

Sunday 13	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19
	 Julia 9:45 - 10:15 am		 Sandy 9:30 - 10:30 am			CLOSED
 Deb B 8:30 - 9:30 am	 Julia 10:15 – 11:15 am	 Gurdeep 10:15 – 11:15 am	 Julia 10:15 – 11:15 am	 Tiferet 11 am - 12 pm	 Julia 10:30 - 11:30 am	
			 Julia 11:15 am - 12 pm			
 Elana 8:30 - 9:30 pm		 Ronna 8:40 - 9:40 pm	 Deb B 7:30 - 8:30 pm	 Julia 7:30 – 8:30 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		CLOSED

Women's Hours

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

Friday: 8:30 am - 12:50 pm

Saturday: 2nd and 4th week of each month

72 mins after sunset - 1:00 am

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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, 1:00 pm - 1 hr. before sunset

Saturday: 1st and 3rd week of each month

72 mins after sunset - 1:00 am