



MEN	WOMEN	TEEN GIRLS
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**SUNDAY**  
 7:00am-8:20am  
 2:00pm-6:30pm  
 10:00pm-12:00am  
**MON - THURS**  
 2:00pm-6:30pm  
 10:00pm-12:00am  
**FRIDAY**  
 12:30pm-3:30pm  
**MOTZEI SHABBOS**  
 Call for Hours

**SUNDAY**  
 8:30am-12:00pm  
 6:30pm-9:45pm  
**MON - THURS**  
 6:00am-1:55pm  
 6:30pm-9:45pm  
**FRIDAY**  
 6:00am-12:30pm  
**MOTZEI SHABBOS**  
 Call for Hours

**SUNDAY**  
 7:30pm-9:30pm  
**TUESDAY**  
 8:30pm-9:30pm  
**WEDNESDAY**  
 8:00pm – 9:00pm  
**THURSDAY**  
 7:00pm-8:30pm  
**MOTZEI SHABBOS**  
 CALL FOR HOURS

## CLASS SCHEDULE - MEN 3/15/20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday/M'S
7:15 – 8:00 am Bike Blast Chaim					2:30 – 3:15 pm Bike Blast Moshe
10:15 – 11:00 pm BIKE BLAST Yehuda			10:15 – 11:00 pm Boot Camp Moshe	10:15 – 11:00 pm Bike Blast Yisroel	TBD pm Bike Blast Yisroel

## CLASS SCHEDULE – TEEN ALL MUSIC IS CHAREIDI 03/15/20

Sunday	Tuesday	Wednesday	Thursday	Motzei Shabbos
7:30 – 8:15pm REBOUNDING FOR TEENS Tzippi		8:00 – 8:45pm BOOT CAMP FOR TEENS Malky	7:30 – 8:30pm TRX Tzippi	TBD PILATES Joan
	8:30 – 9:15pm BIKE BLAST FOR TEENS Sora Shifra		8:30 – 9:15pm BIKE BLAST Joan	

SCHEDULE SUBJECT TO CHANGE