



MEN	WOMEN	TEEN GIRLS
-----	-------	------------

**SUNDAY**  
 1:30pm-6:30pm  
 10:00pm-12:00am  
**MON - THURS**  
 1:30pm-6:30pm  
 10:00pm-12:00am  
**FRIDAY**  
 12:30pm-4:30pm  
**MOTZEI SHABBOS**  
 Call for Hours

**SUNDAY**  
 8:00am-12:00pm  
 6:30pm-9:45pm  
**MON - THURS**  
 6:00am-1:25pm  
 6:30pm-9:45pm  
**FRIDAY**  
 6:00am-12:20pm  
**MOTZEI SHABBOS**  
 Call for Hours

**SUNDAY**  
 6:30pm-9:45pm  
  
**TUESDAY**  
 6:30pm-9:45pm  
  
**THURSDAY**  
 6:30pm-9:45pm

**\*\*POWER ROOM Open for Men**  
 6:00am – 12:00am With  
 Access Card\*\*

## CLASS SCHEDULE - MEN 09/06/20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday/M" S
			2:15 – 3:00 pm TRX Don		3:00 – 3:45 pm Bike Blast Moshe
			10:15 – 11:00 pm Boot Camp Moshe		

## CLASS SCHEDULE – TEEN ALL MUSIC IS CHAREIDI 09/06/20

Sunday	Tuesday	Wednesday	Thursday	Motzei Shabbos
7:30 – 8:15pm BIKE BLAST Joan	7:30 – 8:15pm PILATES Chava		7:30 – 8:15pm BIKE BLAST Tzippi	

SCHEDULE SUBJECT TO CHANGE