



CLASS SCHEDULE – WOMEN

09/13/20 SCHEDULE SUBJECT TO CHANGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday/M'S
	6:15 – 7:00 am ROOSTER BARRE Ronna	6:15 – 7:15 am ROOSTER BIKE BLAST*SM 🎶 Tzippi	6:15 – 7:00 am ROOSTER TRX Tzippi	6:15 – 7:00 am ROOSTER REBOUND & TONE Tzippi	6:15 – 7:00 am ROOSTER BIKE BLAST Joan
9:00 – 9:45 am TONE & BURN Michelle	8:30 – 9:30 am VIRTUAL YOGA Erin	8:30 – 9:30 am ROCK JUMP FIT Racquel	8:30 – 9:30 am VIRTUAL YOGA Erin	9:20 – 10:10 am TRX Elky	8:30 – 9:15 am BIKE BLAST*SM 🎶 Tzippi
9:15 – 10:00 am BIKE BLAST Tzippi	9:20 – 10:10 am TONE & BURN Elky	9:20 – 10:10 am STEP & SPORTS CONDITIONING Courtney	9:20 – 10:10 am POUND Odaiah*SM 🎶	9:45 – 10:35 am BIKE BLAST Tzippi	9:20 – 10:10 am KICKBOX KRUSH Shaindy
10:00 – 10:45 am HOOLA DANCE Tiferet	10:15 – 11:05 am KICKBOX KRUSH Shaindy	10:00 – 10:45 am BIKE BLAST*SM 🎶 Tzippi	10:15 – 11:05 am TONE & BURN Shaindy	10:15 – 11:05 am REBOUND INTERVAL Shaindy	9:45 – 10:35 am BIKE BLAST *SM 🎶 Tzippi
	11:10 – 12:00 pm PILATES Shaindy	10:15 – 11:05 am TRX Elky	11:10 – 12:00 pm STRONG Tzippi		10:15 – 11:05 am PILATES Shaindy
		11:10 – 12:00 pm HOOLA DANCE Tiferet			
	7:30 – 8:20 ZUMBA*SM 🎶 Rivky	7:30 – 8:20 pm PILATES +TEENS Chava G	7:30 – 8:20 pm LET'S DANCE*SM 🎶 Tiferet	7:00 – 7:50 pm YOGA Chana	TBD BIKE BLAST Tzippi
7:30 – 8:15 pm BIKE BLAST FOR TEENS **CM 🎶 Joan	7:30 – 8:20 pm BIKE BLAST Tzippi	8:30 – 9:20 pm BIKE BLAST *SM 🎶 Bracha	8:30 – 9:20 pm BIKE BLAST Tzippi	7:30 – 8:15 pm BIKE BLAST FOR TEENS Tzippi**CM 🎶	
8:30 – 9:20 pm TRX Tzippi	8:30 – 9:20 pm POUND *SM 🎶 Esti	8:30 – 9:20 pm KICKBOX KRUSH Elky	8:30 – 9:20 pm TONE & BURN Chaya	8:30 – 9:15 pm BIKE BLAST*SM 🎶 Tzippi	
				9:00 – 9:50 pm BARRE Ronna	

🎶 *SM Secular Music **CM Chareidi Music