



MEN	WOMEN	TEEN GIRLS
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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 1/10/21

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday/M'S
			2:30 – 3:15 pm TRX Don		
	10:15 – 11:00 pm Bike Blast Yechiel		10:15 – 11:00 pm Boot Camp Moshe	10:15 – 11:00 pm Bike Blast Yehuda	TBD Bike Blast Moshe

CLASS SCHEDULE – TEEN ALL MUSIC IS CHAREIDI 1/10/21

Sunday	Tuesday	Wednesday	Thursday	Motzei Shabbos
7:30 – 8:15pm BIKE BLAST Joan	7:30 – 8:15pm BOOTCAMP Atara		8:00 – 8:45pm LET'S DANCE Atara	TBD BIKE BLAST Joan
8:30 – 9:20pm REBOUNDING Tzippi			8:30 – 9:15pm BIKE BLAST Tzippi	TBD TRX/STRONG Tzippi (Alternating Weeks)

SCHEDULE SUBJECT TO CHANGE