



# CLASS SCHEDULE – WOMEN

01/10/21 SCHEDULE SUBJECT TO CHANGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday/M'S
9:00 – 10:00 am <b>BIKE BLAST</b> Tzippi	6:15 – 7:00 am <b>ROOSTER BARRE</b> Ronna	6:15 – 7:00 am <b>ROOSTER BIKE BLAST*SM</b> 🎵 Tzippi	6:15 – 7:00 am <b>ROOSTER TRX</b> Tzippi	6:15 – 7:00 am <b>BEGINNERS ROCK JUMP FIT</b> Racquel	6:15 – 7:00 am <b>ROOSTER BIKE BLAST</b> Joan
9:00 – 9:45 am <b>TONE &amp; BURN</b> Michelle	8:30 – 9:30 am <b>YOGA</b> Erin	8:15 – 8:45 am <b>ROCK JUMP FIT</b> Racquel	8:30 – 9:30 am <b>YOGA</b> Erin	9:20 – 10:10 am <b>BODY BANG</b> Elky	8:30 – 9:15 am <b>BIKE BLAST*SM</b> 🎵 Tzippi
10:00 – 11:00 am <b>BIKE BLAST</b> Tzippi	9:20 – 10:10 am <b>TONE &amp; BURN</b> Elky	9:20 – 10:10 am <b>STEP &amp; SPORTS CONDITIONING</b> Courtney	9:20 – 10:10 am <b>POUND</b> Odaiah*SM 🎵	9:45 – 10:35 am <b>BIKE BLAST</b> Michelle	9:20 – 10:10 am <b>KICKBOX KRUSH</b> Shaindy
10:00 – 10:45 am <b>HOOLA DANCE</b> Tiferet	9:45 – 10:35 am <b>PENALTY BOX &amp; TONE</b> Tzippi	9:20 – 10:15 am <b>BIKE BLAST*SM</b> 🎵 Tzippi	9:45 – 10:35 am <b>REBOUND INTERVAL</b> Tzippi	10:15 – 11:05 am <b>JUST SWEAT</b> Shaindy	9:45 – 10:35 am <b>BIKE BLAST *SM</b> 🎵 Tzippi
	10:15 – 11:05 am <b>KICKBOX KRUSH</b> Shaindy	10:15 – 11:05 am <b>TRX</b> Elky	10:15 – 11:05 am <b>TONE &amp; BURN</b> Shaindy	10:45 – 11:05 am <b>BEGINNERS BIKE BLAST</b> Tzippi	10:15 – 11:05 am <b>PILATES</b> Shaindy
	11:10 – 12:00 pm <b>PILATES</b> Shaindy	10:10 – 11:05 am <b>BIKE BLAST</b> Joani	11:10 – 12:00 pm <b>LET'S DANCE</b> Tiferet	11:10 – 12:00 pm <b>TRX</b> Tzippi	
7:30 – 8:15 pm <b>BIKE BLAST FOR TEENS</b> **CM 🎵 Joan	7:30 – 8:20 pm <b>TRX</b> Tzippi	11:10 – 12:00 pm <b>TRX</b> Elky	7:30 – 8:20 pm <b>HOOLA DANCE</b> Tiferet	7:30 – 8:15 pm <b>BIKE BLAST*SM</b> 🎵 Joan	TBD <b>BIKE BLAST</b> Tzippi
7:30 – 8:15 pm <b>PILATES</b> Chava	8:30 – 9:20 pm <b>BIKE BLAST</b> Tzippi	7:30 – 8:20 pm <b>BOOTCAMP (Adults+Teens)</b> Atara	8:00 – 8:20 pm <b>BEGINNERS BIKE BLAST</b> Tzippi	7:30 – 8:15 pm <b>THE ADVANCED MASHUP</b> Tzippi	TBD <b>EXTREME DANCE*SM</b> 🎵 Joan
8:30 – 9:20 pm <b>REBOUNDING (Adults+Teens)</b> Tzippi	8:30 – 9:20 pm <b>ZUMBA *SM</b> 🎵 Rivky	8:30 – 9:20 pm <b>BIKE BLAST *SM</b> 🎵 Bracha	8:30 – 9:20 pm <b>BIKE BLAST</b> Tzippi	8:00 – 8:45 pm <b>LET'S DANCE FOR TEENS</b> Atara	TBD <b>BIKE BLAST(Adults+Teens)</b> Joan
		8:30 – 9:20 pm <b>KICKBOX KRUSH*SM</b> 🎵 Elky	8:30 – 9:20 pm <b>CARDIO + TONE</b> REENA	8:30 – 9:15 pm <b>BIKE BLAST FOR TEENS</b> **CM 🎵 Tzippi	TBD <b>TRX/STRONG (Adults+Teens)</b> Tzippi (Alternating Weeks)
				8:30 – 9:20 pm <b>BARRE</b> Ronna	

🎵 \*SM Secular Music    \*\*CM Chareidi Music