



CLASS SCHEDULE – WOMEN

10/03/21 SCHEDULE SUBJECT TO CHANGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday/M'S
9:00 – 9:50 am BIKE BLAST Tzippi	6:15 – 7:00 am ROOSTER BARRE Ronna	6:15 – 7:00 am TONE & BURN Tzippi	6:15 – 7:00 am ROOSTER BIKE BLAST*SM ♪ Tzippi	6:15 – 7:00 am ROOSTER TRX Tzippi	6:15 – 7:00 am ROOSTER BIKE BLAST Joan
9:15 – 10:00 am HOOLA DANCE Tiferet	6:15 – 7:00 am ROOSTER BIKE BLAST Ahuva	8:30 – 9:15 am PILATES Shaindy	8:30 – 9:30 am YOGA Batya	8:30 – 9:15 am TRX Tzippi	8:30 – 9:15 am BIKE BLAST*SM ♪ Tzippi
10:00 – 10:50 am TONE & BURN Michelle	8:30 – 9:30 am YOGA Batya	9:20 – 10:10 am STEP & SPORTS CONDITIONING Courtney	8:30 – 9:15 am TONE & BURN Michelle	9:20 – 10:10 am KICKBOX KRUSH Shaindy	9:20 – 10:10 am BODY ATTACK Courtney
	8:30 – 9:15 am STRONG Tzippi	9:45 – 10:35 am BIKE BLAST*SM ♪ Tzippi	9:20 – 10:10 am LET'S DANCE Tiferet	9:45 – 10:35 am BIKE BLAST Tzippi	9:45 – 10:35 am BIKE BLAST *SM ♪ Tzippi
	9:20 – 10:10 am TONE & BURN Elky	10:15 – 11:05 am BODY BANG Elky	10:15 – 11:05 am TONE & BURN Tzippi	10:15 – 11:05 am BOOTCAMP & BARRE Elky	10:15 – 11:05 am PILATES Shaindy
	9:45 – 10:30 am PENALTY BOX & TONE Tzippi	11:10 – 12:00 pm TRX Chava G	11:10 – 12:00 pm BARRE Chava G		
	10:15 – 11:05 am KICKBOX KRUSH Shaindy			7:30 – 8:15 pm TRX PENALTY MASHUP Tzippi	
7:30 – 8:20 pm ZUMBA*SM ♪ Tiferet	11:10 – 12:00 pm PILATES Shaindy	7:30 – 8:20 pm BOOTCAMP Rivky (Adults+Teens)	7:30 – 8:20 pm HOOLA DANCE Tiferet	7:30 – 8:15 pm LET'S DANCE FOR TEENS **CM ♪ Shana	TBD BIKE BLAST Tzippi
7:30 – 8:15 pm BIKE BLAST FOR TEENS **CM ♪ Tzippi	7:30 – 8:20 pm PILATES Joan	8:30 – 9:20 pm BIKE BLAST *SM ♪ Joan	7:30 – 8:20 pm BIKE BLAST Tzippi	7:30 – 8:15 pm BIKE BLAST FOR TEENS **CM ♪ Chana Rochel	TBD CARDIO DANCE MASHUP Shana (Adults+Teens)
8:30 – 9:15 pm TRX Tzippi	8:30 – 9:20 pm BIKE BLAST Tzippi	8:30 – 9:20 pm ZUMBA*SM ♪ Rivky	8:30 – 9:20 pm KICKBOX KRUSH REENA	8:30 – 9:20 pm BIKE BLAST*SM ♪ Tzippi	
	8:30 – 9:20 pm TONE & BURN Elky			8:30 – 9:20 pm BARRE Ronna	

♪ *SM Secular Music **CM Chareidi Music