



# CLASS SCHEDULE – WOMEN

12/19/21 SCHEDULE SUBJECT TO CHANGE

♫ \*SM Secular Music \*\*CM Chareidi Music

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday/M'S
9:00 – 9:50 am <b>BIKE BLAST</b> Tzippi	6:15 – 7:00 am <b>ROOSTER BARRE</b> Ronna	6:15 – 7:00 am <b>TONE &amp; BURN</b> Tzippi	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>ROOSTER BIKE BLAST</b> Joan
9:15 – 10:00 am <b>HOOLA DANCE</b> Tiferet	6:15 – 7:00 am <b>ROOSTER BIKE BLAST</b> Ahuva	8:30 – 9:15 am <b>PILATES</b> Shaindy	8:30 – 9:30 am <b>YOGA</b> Batya	8:30 – 9:15 am <b>TRX</b> Tzippi	8:30 – 9:15 am <b>BIKE BLAST*SM ♫</b> Tzippi
10:00 – 10:50 am <b>TONE &amp; BURN</b> Michelle	8:30 – 9:30 am <b>YOGA</b> Batya	9:20 – 10:10 am <b>STEP &amp; SPORTS CONDITIONING</b> Courtney	8:30 – 9:15 am <b>TONE &amp; BURN</b> Michelle	9:20 – 10:10 am <b>KICKBOX KRUSH</b> Shaindy	9:20 – 10:10 am <b>BODY ATTACK</b> Courtney
10:00 – 10:45 am <b>BIKE BLAST</b> Tzippi	8:30 – 9:15 am <b>TRX &amp; TONE</b> Tzippi	9:40 – 10:25 am <b>BIKE BLAST*SM ♫</b> Tzippi	9:20 – 10:10 am <b>HOOLA DANCE</b> Tiferet	9:45 – 10:35 am <b>BIKE BLAST</b> Tzippi	9:45 – 10:35 am <b>BIKE BLAST *SM ♫</b> Tzippi
	9:20 – 10:10 am <b>TONE &amp; BURN</b> Elky	10:15 – 11:05 am <b>BODY BANG</b> Elky	10:15 – 11:05 am <b>TONE &amp; BURN</b> Tzippi	10:15 – 11:05 am <b>BOOTCAMP &amp; BARRE</b> Elky	10:15 – 11:05 am <b>PILATES</b> Shaindy
	9:30 – 10:00 am <b>PENALTY BOX*SM ♫</b> Tzippi	10:40 – 11:10 <b>POUND*SM ♫</b> Tzippi	11:10 – 12:00 pm <b>BARRE</b> Chava G	10:45 – 11:05 am <b>BEGINNERS BIKE BLAST</b> Tzippi	
	10:00 – 10:45 am <b>PENALTY BOX*SM ♫</b> Tzippi	11:10 – 12:00 pm <b>LET'S DANCE</b> Tiferet			
	10:15 – 11:05 am <b>KICKBOX KRUSH</b> Shaindy			7:30 – 8:15 pm <b>TRX</b> Tzippi	
	11:10 – 12:00 pm <b>PILATES</b> Shaindy	7:30 – 8:15 pm <b>POUND FOR TEENS**CM ♫</b> Fraidy		7:30 – 8:15 pm <b>LET'S DANCE FOR TEENS</b> <b>**CM ♫</b> Shana	TBD <b>BIKE BLAST</b> Shani
7:30 – 8:20 pm <b>STRONG</b> Mindy	7:30 – 8:20 pm <b>PILATES</b> Shaindy	7:30 – 8:20 pm <b>BOOTCAMP</b> Rivky (Adults+Teens)	7:30 – 8:20 pm <b>HOOLA DANCE</b> Tiferet	7:30 – 8:15 pm <b>BIKE BLAST FOR TEENS</b> <b>**CM ♫</b> Chana Rochel	TBD <b>POUND</b> Shayna
7:30 – 8:15 pm <b>BIKE BLAST FOR TEENS</b> <b>**CM ♫</b> Tzippi	8:30 – 9:20 pm <b>BIKE BLAST</b> Tzippi	8:30 – 9:20 pm <b>BIKE BLAST *SM ♫</b> Michelle	7:30 – 8:20 pm <b>BIKE BLAST</b> Tzippi	8:30 – 9:20 pm <b>BIKE BLAST*SM ♫</b> Tzippi	TBD <b>BIKE BLAST</b> Tzippi
8:30 – 9:15 pm <b>REBOUND INTERVAL</b> Tzippi	8:30 – 9:20 pm <b>TONE &amp; BURN</b> Elky	8:30 – 9:20 pm <b>ZUMBA*SM ♫</b> Rivky	8:30 – 9:20 pm <b>KICKBOX KRUSH</b> Reena	8:30 – 9:20 pm <b>BARRE</b> Ronna	TBD <b>CARDIO DANCE MASHUP</b> Shana (Adults+Teens)