



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-2:30pm  
**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 7/24/22

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday/M'S
			2:30 – 3:15 pm TRX Don		
	10:15 – 11:00 pm BIKE BLAST Yehuda		10:15 – 11:00 pm BOOTCAMP Don		TBD BIKE BLAST Moshe

## CLASS SCHEDULE – TEEN ALL MUSIC IS CHAREIDI 7/24/22

Sunday	Monday	Tuesday	Wednesday	Thursday	Motzei Shabbos
		7:30 – 8:15 TONE & BURN Racquel		7:30 – 8:15 PILATES Maya	
8:30 – 9:15pm BODYATTACK Reena			8:30 – 9:15pm BIKE BLAST Tzippi	7:30 – 8:15 TRX Tzippi	

SCHEDULE SUBJECT TO CHANGE