



CLASS SCHEDULE – WOMEN

10/16/22 SCHEDULE SUBJECT TO CHANGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday/M'S
	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
8:30 am – 9:20 am BIKE BLAST Tzippi	8:30 – 9:15 am TRX & TONE Tzippi	8:30 – 9:15 am PILATES Shaindy	8:30 – 9:15 am TRX Tzippi	8:30 – 9:15 am PLYOGA Stephanie	8:30 – 9:15 am BIKE BLAST*SM 🎶 Tzippi
9:15 – 10:00 am HOOLA DANCE Tiferet	8:45 – 9:40 am YOGA Chana	8:30 – 9:15 am BIKE BLAST*SM 🎶 Tzippi	9:00 – 10:00 am YOGA Chana	9:20 – 10:10 am KICKBOX KRUSH Shaindy	9:20 – 10:10 am BODY ATTACK Courtney
9:30 – 10:20 am BIKE BLAST Tzippi	9:20 – 10:10 am TONE & BURN Elky	9:20 – 10:10 am STEP & SPORTS CONDITIONING Courtney	9:20 – 10:10 am HOOLA DANCE Tiferet	9:45 – 10:30 am BIKE BLAST Tzippi	9:45 – 10:30 am BIKE BLAST *SM 🎶 Tzippi
10:00 – 10:50 pm BODY ATTACK Reena	9:45 – 10:30 am PENALTY BOX*SM 🎶 Tzippi	9:40 – 10:25 am BIKE BLAST*SM 🎶 Tzippi	10:15 – 11:05 am TONE & BURN Shaindy	10:15 – 11:05 am BOOTCAMP & BARRE Elky	10:15 – 11:05 am PILATES Shaindy
	10:15 – 11:05 am KICKBOX KRUSH Shaindy	10:15 – 11:05 am BODY BANG Elky	11:10 – 12:00 pm BARRE Chava G	11:10 – 12:00 pm ZUMBA*SM 🎶 Rikki	
	11:10 – 12:00 pm PILATES Shaindy				
	7:30 – 8:20 pm REBOUNDING Tzippi	7:30 – 8:20 pm BODY ATTACK Reena (Adults+Teens)	7:30 – 8:20 pm REBOUNDING Tzippi	7:30 – 8:15 pm PILATES Maya (Adults+Teens)	
7:30 – 8:20 pm STRONG Dori	7:30 – 8:20 pm BIKE BLAST Shevy	8:30 – 9:20 pm BIKE BLAST Joan	8:30 – 9:20 pm BIKE BLAST Tzippi	7:30 – 8:20 pm BIKE BLAST*SM 🎶 Tzippi	TBD BIKE BLAST Tzippi
8:30 – 9:15 pm POUND*SM 🎶 Tzippi	8:30 – 9:20 pm TONE & BURN Elky	8:30 – 9:20 pm ZUMBA*SM 🎶 Rikki	8:30 – 9:20 pm HOOLA DANCE Tiferet	8:30 – 9:20 pm TRX Tzippi	TBD CARDIO/DANCE MASHUP Shana(Adults+Teens)

🎶 *SM Secular Music **CM Chareidi Music