



LAKEWOOD

10/30/22 SCHEDULE SUBJECT TO CHANGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday/M'S
	6:15 – 7:00 am ROOSTER PILATES Joan	6:15 – 7:00 am ROOSTER TRX Tzippi	6:15 – 7:00 am ROOSTER SPIN Tzippi	6:15 – 7:00 am ROOSTER BARRE Ronna	6:15 – 7:00 am ROOSTER SPIN Joan
8:30 am – 9:20 am BIKE BLAST Tzippi	8:30 – 9:15 am POUND UNPLUGGED Tzippi	8:30 – 9:15 am CASE METHOD Stephanie	8:30 – 9:15 am TRX & TONE 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	9:30 – 10:20 am TONE & BURN Elky	9:30 – 10:20 am STEP & SPORTS CONDITIONING Courtney	9:30 – 10:20 am REBOUNDING Shaindy	9:30 – 10:20 am KICKBOX KRUSH Shaindy	9:20 – 10:05 am STRONG Dori
9:30 – 10:20 am BIKE BLAST Tzippi	10:25 – 11:15 am KICKBOX KRUSH Shaindy	9:40 – 10:25 am BIKE BLAST*SM ♪ Tzippi	10:00 – 10:45 am BIKE BLAST Tzippi	10:25 – 11:10 am HOOLA DANCE Tiferet	9:45 – 10:30 am BIKE BLAST *SM ♪ Tzippi
10:00 – 10:50 pm BODY ATTACK Reena		10:25 – 11:15 am BODY BANG Elky	10:25 – 11:15 am TRX Elky	11:15 – 12:00 pm ZUMBA*SM ♪ Rikki	10:10 – 11:00 am PILATES Shaindy
		10:30 – 10:45 am BEGINNERS BIKE BLAST Tzippi	11:15 – 12:00pm BARRE Chava		
7:30 – 8:20 pm STRONG Dori	7:30 – 8:20 pm REBOUNDING Tzippi	7:30 – 8:20 pm BODYATTACK Reena(Adults+Teens)	7:30 – 8:20 pm LaBLAST(Ballroom Dancing) Courtney	7:30-8:30 pm PILATES Maya	TBD BIKE BURN Shani(Adults+Teens)
8:30 – 9:15 pm BIKE BLAST FOR TEENS Chana Rochel	7:30 – 8:20 pm BIKE BLAST Shevy	8:30 – 9:20 pm BIKE BLAST Joan	7:30 – 8:15 pm BIKE BLAST*SM ♪ Tzippi	7:30 – 8:15 pm BIKE BLAST FOR TEENS Shevy	TBD PILATES Shana
8:30 – 9:15 pm TRX Tzippi	8:30 – 9:20 POWER TONE Tzippi	8:30 – 9:20 pm LETS DANCE FOR TEENS Esther	8:30 – 9:20 pm HOOLA DANCE Tiferet	8:30 – 9:20 pm BIKE BLAST Tzippi	TBD BIKE BLAST Tzippi
				8:30 – 9:15 pm POUND FOR TEENS Lisa	TBD CARDIO/DANCE MASHUP Shana(Adults+Teens)



TOMS RIVER

10/30/22 SCHEDULE SUBJECT TO CHANGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday/M'S
				6:15 – 7:00 am TONE & BURN Tzippi	
	8:45 – 9:45 am YOGA Chana			8:45 – 9:40 am YOGA Chana	
9:30 – 10:20am ZUMBA*SM 🎵 Rikki	9:45 – 10:35 am PENALTY BOX*SM 🎵 Tzippi	9:45 – 10:35 am PLYOGA Stephanie	9:30 – 10:20 pm DANCE*SM 🎵 Tiferet	9:45 – 10:35 am C4 (Cardio Combo + Core Conditioning) Elky	9:30 – 10:15 am BODY ATTACK Courtney
	SCULPT & BURN*SM 🎵 10:40 – 11:30 am Toni	10:40 – 11:30 am PILATES Shaindy	SCULPT & BURN*SM 🎵 10:40 – 11:30 am Toni	10:40 – 11:30 am POUND*SM 🎵 Tzippi	10:20 – 11:05 am PILATES Chava
	8:30 – 9:20 pm ZUMBA*SM 🎵 Blimie	8:30 – 9:20 pm TONE & BURN Michelle			TBD POUND*SM 🎵 Tzippi