



# 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