

CLASS SCHEDULE

DAY	TIME	INSTRUCTOR	CLASS TYPE	STUDIO
SUNDAY	9:45 am	Meryl	Bootcamp	B
SUNDAY	10:15 am	Heidi	Barre Pilates	A
SUNDAY	11:15 am	Feigy	Israeli Dance	A
SUNDAY	11:15 am	Heidi	Yoga Flow	C
MONDAY	9:30 am	Jenny	Metabolic Strength	A
MONDAY	9:30 pm	Amy	Balls, Bands and more(45 min)	B
MONDAY	10:30 am	Feigy	Israeli Dance	A
MONDAY	10:45 am	Ellen	Zumba	B
MONDAY	12:30 pm	Jenny	Barre Pilates	A
TUESDAY	9:30 am	Joy	Pilates Fusion	B
TUESDAY	10:00 am	Frummy	Power Hour	A
TUESDAY	10:00 am	Rivka	Yoga Flow	C
TUESDAY	10:30 am	Joy	Kick Fit	B
TUESDAY	11:00 am	Feigy	Israeli Dance	A
TUESDAY	8:00 pm	Sarah	Vinyasa Yoga	C
TUESDAY	8:30 pm	Shayna	Punchbag Kickbox	B
WEDNESDAY	9:30 am	Ariella	Zumba	A
WEDNESDAY	9:45 am	Henny	Cardio Dance Fusion	B
WEDNESDAY	10:30 am	Jenny	Pilates	A
WEDNESDAY	10:30 am	Amy	Total Body Conditioning	B
THURSDAY	9:30 am	Ellen	20/20/20	B
THURSDAY	10:00 am	Tziri	Embodied Yoga & Meditation	C
THURSDAY	10:15 am	Feigy	Israeli Dance	A
THURSDAY	10:30 am	Tiffany	Step Sculpt	B
FRIDAY	9:30 am	Ariella	Zumba	B
FRIDAY	9:45 am	Jenny	Hiit (75 min)	A
FRIDAY	10:00 am	Devorah	Power Yoga	C
FRIDAY	10:45 am	Frummy	Power Hour	B

*All classes 55 minutes unless otherwise noted *NO late entries to Yoga Classes *Class instructors and formats subject to change/cancellation