

Studio Schedule

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday		
09:30-10:15 Pilates Rivka Friedman	09:15-10:00 Pilates Ayala	09:15 -10:00 H.i.t Lea Miler	09:15-10:00 Fit ball Ayala	09:15-10:15 Pilates Rivka Friedman	09:15-10:00 Pilates Adina		
10:30-11:15 Advanced Body Toning with Steps Gitti Laiser	10:00-10:45 Aerobics +Sculpting Mimi	10:15-11:00 Pilates Dorit	10:00-10:45 Jewish Zumba Shifra rabbi	10:00-10:45 Pilates Liat	10:15-11:00 Stretching and flexibility Rivka Friedman	10:00-10:45 Body Toning Esti	10:00-10:45 Zumba Adina
11:15-12:00 Body Toning with Steps Gitti Laiser	10:45-11:30 Zumba Mimi	11:00-11:45 Pilates Dorit	10:45-11:30 Advanced Body Toning with Steps Gitti	11:00-11:45 TRX pre-registration Adina			
12:10-12:55 Body Toning Esti	11:15-12:00 Pilates Ayala	12:00-12:45 Abdominal+ stretching Esti	12:00-12:45 Body Toning Esti	11:30-12:15 Body Toning Gitti Laiser	11:45-12:45 Aerobics +Sculpting Sarit		
	18:30-19:15 TRX pre-registration Lea Miler						
	19:45-20:30 Pilates Elisheva	19:30-20:15 Pilates Liat	19:30-20:15 Body toning Miri		Saturday night during winter: 11 cheshvan (9/11) - 25 adar (21/3) inclusive		
20:30-21:15 Body Toning & pilates Rivki Ernfeld	20:30-21:15 Pilates for women after birth Elisheva	20:15-21:00 Zumba Sarit	20:15-21:00 Step aerobics Liat	20:30-21:15 Pilates for beginners Liel		20:00-20:45 Zumba Ahuva lif	
21:15-22:00 Dynamic Body Sculpting Rivki Ernfeld	21:00-21:45 Body Shaping Sarit		21:15-22:00 Pilates Advanced Liel		20:45-21:30 Body Toning Ahuva lif		

Gym Hours for women:

Morning: Sunday- Thursday 9:30-1:00 a.m.
Evening: Sunday – Wednesday 6:30-10:00 p.m.
Saturday night: 8:00-10:30 p.m

Gym Hours for men:

Thursday 6:00-10:00 p.m.
Friday 10:00-13:00 a.m

Babysitting Hours:

Sundays-Thursdays 9:00-13:00 a.m.
Friday 9:15-10:45 a.m.
For studio costumers only
For children up to 2 years old