

# AUGUST

City Club

## Classes schedule

### SUNDAY

7:30-8:30 | HYBRID STRENGTH | JENIA  
7:30-8:30 | SPINNING | SHIRA  
8:30-9:30 | HYBRID | JENIA  
9:30-10:30 | YOGA | HADAR  
10:00-11:00 | BOXING\* | ADAM  
17:00-18:00 | PILATES | GILI  
18:00-19:00 | HYBRID | OSHRAT  
18:00-19:00 | SPINNING | INBAL  
19:00-20:00 | HYBRID | OSHRAT

### MONDAY

7:30-8:30 | HYBRID | RONI  
8:30-9:30 | HYBRID | RONI  
9:30-10:30 | YOGA | RONI  
17:30-18:30 | HYBRID & RIDE | SHIRA  
18:00-19:00 | HYBRID | MICHEL  
18:00-19:00 | BOXING\* | ADAM  
18:30-19:30 | SPINNING | SHIRA  
19:00-20:00 | HYBRID | MICHEL  
20:00-21:00 | YOGA | HADAR

### TUESDAY

7:30-8:30 | HYBRID | MATAN  
7:30-8:30 | SPINNING | SHIRA  
8:30-9:30 | HYBRID | MATAN  
10:00-11:00 | POWER YOGA | LEORA  
17:00-18:00 | PILATES | LIOR  
18:00-19:00 | HYBRID STRENGTH | ORI  
18:00-19:00 | SPINNING | INBAL  
18:00-19:00 | BOXING | ADAM  
19:00-20:00 | HYBRID | ORI  
20:00-21:00 | PILATES | GILI

### WEDNESDAY

7:30-8:30 | HYBRID | MATAN  
8:30-9:30 | HYBRID | MATAN  
17:30-18:30 | HYBRID & RIDE | SHIRA  
18:00-19:00 | HYBRID | MICHEL  
19:00-20:00 | HYBRID | MICHEL  
20:00-21:00 | POWER HIT | ORLY

### THURSDAY

7:30-8:30 | HYBRID | RONI  
8:30-9:30 | YOGA | RONI  
10:00-11:00 | BOXING\* | ADAM  
17:00-18:00 | BARRE LESS | YARDEN  
18:00-19:00 | HYBRID | MATAN  
18:00-19:00 | BOXING\* | ADAM  
19:00-20:00 | HYBRID | MATAN  
20:00-21:00 | PILATES DANCE | NAAMA

HAPPY  
WEEK  
END



### FRIDAY

09:30-10:30 | YOGA | TAMAR  
9:30-10:30 | HYBRID | OSHRAT  
10:30-11:30 | HYBRID | OSHRAT

### SATURDAY

11:00-12:00 | SPINNING | INBAL  
11:00-12:00 | YOGA | LEORA

OPENING HOURS  
SUNDAY-THURSDAY 06:30-22:00  
FRIDAY 07:00-19:00  
SATURDAY 08:00-19:00

\*Participation at extra charge  
\*Access to the training is conditional upon pre-registration  
\*Hybrid training is a mixed fitness program that combines cardio and strength training methods in high intensity with lots of mobility drills to recover and restore your body