

NOVEMBER

Classes schedule

SUNDAY

7:30-8:30 | HYBRID STRENGTH | MATAN
8:00-9:00 | SPINNING | SHIRA
8:30-9:30 | BOXING | ADAM
8:30-9:30 | HYBRID | MATAN
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
20:00-21:00 | YOGA | LEORA

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 | LEORA

TUESDAY

7:30-8:30 | HYBRID | MATAN
8:00-9:00 | SPINNING | SHIRA
8:30-9:30 | HYBRID | MATAN
17:00-18:00 | PILATES | GILI
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
19:00-20:00 | NIGHT RUN
19:00-20:00 | BOXING ADVANCED | ADAM
20:00-21:00 | PILATES | GILI

WEDNESDAY

7:30-8:30 | HYBRID | MATAN
8:30-9:30 | HYBRID | MATAN
11:00-12:00 | YOGA | HADAR
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
19:00-20:00 | NIGHT RUN
20:00-21:00 | PILATES FLOW | NAAMA

HAPPY
WEEK
END



FRIDAY

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

SATURDAY

10:00-11:00 | FLOW | LEORA
11:00-12:00 | HYBRID | BEN

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

*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