

FEBRUARY

Classes schedule

SUNDAY

7:30-8:30 | HYBRID POWER | MATAN
 8:00-9:00 | SPINNING | SHIRA ♀
 8:30-9:30 | BOXING | ADAM
 8:30-9:30 | HYBRID | MATAN
 9:30-10:30 | POWER YOGA | LEORA
 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 | CORE&RESTORE | YARDEN

MONDAY

7:30-8:30 | HYBRID | RONI
 8:30-9:30 | HYBRID | RONI
 17:00-18:00 | HYBRID | YONI
 18:00-19:00 | HYBRID | YONI
 18:00-19:00 | BOXING | ADAM
 18:30-19:30 | SPINNING | SHIRA
 19:00-20:00 | BOXING | ADAM ♀
 19:00-20:00 | HYBRID | YONI
 20:00-21:00 | HYBRID | YONI

יום שני - הייבריד ב-18:00+19:00 עם יוני ולא עם מישל
 יום שלישי - רשום שיש פעמיים הייבריד, בבוקר ב-7:30-8:30 שניהם עם פניית
 יום רביעי - במערכת רשום ב-20:00 pilates flow ולא FLOW
 יום חמישי - ירד פילאטיס עם נעמה ב-12:15

TUESDAY

7:30-8:30 | HYBRID | PNINIT
 8:00-9:00 | SPINNING | SHIRA
 8:30-9:30 | HYBRID | PNINIT
 9:30-10:15 | MINDFULNESS | ILYA
 10:30-11:30 | YOGA | HADAR
 17:00-18:00 | PILATES | GILI
 17:30-18:30 | BOXING | ADAM
 17:00-18:00 | CARDIO INTERVALS | ORI ♀
 18:00-19:00 | HYBRID STRENGTH | ORI
 18:00-19:00 | SPINNING | INBAL
 18:30-19:30 | BOXING | ADAM
 19:00-20:00 | HYBRID | ORI
 19:00-20:00 | RUNNING CLUB
 19:30-20:30 | BOXING ADVANCED | ADAM
 20:00-21:00 | PILATES | GILI

WEDNESDAY

7:30-8:30 | HYBRID | MATAN
 8:30-9:30 | HYBRID | MATAN
 17:30-18:30 | SPINNING | SHIRA
 18:00-19:15 | YOGA | HADAR
 19:15-20:15 | POWER HIIT | ORLY
 20:15-21:15 | PILATES FLOW | DANIELLA

THURSDAY

7:30-8:30 | HYBRID | RONI
 8:30-9:30 | YOGA | RONI
 9:30-10:15 | MINDFULNESS | ILYA
 10:00-11:00 | BOXING | ADAM
 12:00-13:00 | BOXING | ADAM
 17:00-18:00 | DANCE WORKOUT | JENNIFER ♀
 18:00-19:00 | HYBRID | MATAN
 18:00-19:00 | BOXING | ADAM
 19:00-20:00 | BOXING | ADAM
 19:00-20:00 | HYBRID | MATAN
 19:00-20:00 | RUNNING CLUB
 20:00-21:00 | KICKBOXING | GALIT

FRIDAY

8:30-9:30 | POWER YOGA | LEORA
 9:30-10:30 | HYBRID | OSHRAT
 10:30-11:30 | HYBRID | OSHRAT

SATURDAY

10:00-11:00 | YOGA FLOW | LEORA
 11:00-12:00 | HYBRID | BEN
 12:00-13:00 | 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

♀ WOMEN ONLY