

# APRIL

## Classes schedule

### SUNDAY

7:00-8:00 | RUNNING GROUP | AMIT  
 7:30-8:30 | POWER HYBRID | MATAN  
 8:00-9:00 | POWER SPINNING | SHIRA  
 8:30-9:30 | HYBRID TRAINING | MATAN  
 10:00-11:00 | BOXING | LEETAL  
 17:00-18:00 | PILATES | TAMAR  
 18:00-19:00 | SPINNING | INBAL  
 18:00-19:00 | HYBRID | OSHRAT  
 19:00-20:00 | HYBRID | OSHRAT  
 20:00-21:00 | CORE & RESTORE | YARDEN

### MONDAY

7:30-8:30 | HYBRID | OSHRAT  
 8:30-9:30 | HYBRID | OSHRAT  
 17:00-18:00 | HYBRID | YONI  
 18:00-19:00 | HYBRID | YONI  
 18:00-19:00 | BOXING | ADAM  
 18:30-19:30 | POWER SPINNING | SHIRA  
 19:00-20:00 | HYBRID | YONI  
 19:00-20:00 | WOMEN'S BOXING | ADAM  
 20:00-21:00 | HYBRID | YONI

### TUESDAY

7:30-8:30 | HYBRID TRAINING | PNINIT  
 8:00-9:00 | POWER SPINNING | SHIRA  
 8:30-9:30 | HYBRID TRAINING | PNINIT  
 8:30-9:30 | BOXING | LEETAL  
 10:00-11:00 | BOXING | LEETAL  
 10:30-11:30 | YOGA | LEORA  
 17:00-18:00 | CARDIO INTERVALS | ORI  
 17:00-18:00 | PILATES | BAR  
 17:30-18:30 | BOXING | ADAM  
 18:00-19:00 | POWER HYBRID | ORI  
 18:00-19:00 | POWER SPINNING | INBAL  
 18:30-19:30 | BOXING | ADAM  
 19:00-20:00 | HYBRID | ORI  
 19:00-20:00 | RUNNING GROUP | AMIT  
 19:30-20:30 | BOXING ADVANCED | ADAM  
 20:00-21:00 | PILATES | BAR

### WEDNESDAY

7:30-8:30 | HYBRID | MATAN  
 8:30-9:30 | HYBRID | MATAN  
 17:00-18:00 | PILATES | DANA  
 17:30-18:30 | POWER SPINNING | SHIRA  
 18:00-19:15 | STRENGTH YOGA | BAR  
 18:00-19:00 | BOXING | LEETAL  
 19:00-20:00 | BOXING | LEETAL  
 18:00-19:15 | POWER HIIT INTENSE | ORLY  
 20:15-21:15 | PILATES FLOW | DANIELLA

### FRIDAY

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

### SATURDAY

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

### THURSDAY

7:30-8:30 | HYBRID TRAINING | AVIV  
 8:30-9:30 | HYBRID TRAINING | AVIV  
 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 | LEETAL  
 19:00-20:00 | HYBRID | MATAN  
 19:00-20:00 | BOXING | LEETAL  
 19:00-20:00 | RUNNING GROUP | AVIV  
 20:00-21:00 | KICKBOX | GALIT

**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