

MAY

Classes schedule

SUNDAY

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 | NAAMA
 18:00-19:00 | SPINNING | INBAL
 18:00-19:00 | HYBRID | OSHRAT
 19:00-20:00 | HYBRID | OSHRAT
 19:30-20:30 | RUNNING GROUP | AMIT
 20:00-21:00 | YOGA | BAR

MONDAY

7:30-8:30 | HYBRID | AVIV
 8:30-9:30 | HYBRID | AVIV
 17:00-18:00 | DANCE | JENNIFER
 18:00-19:00 | BOXING | ADAM
 18:00-19:00 | HYBRID | AMIT
 18:30-19:30 | POWER SPINNING | SHIRA
 19:00-20:00 | WOMEN'S BOXING | ADAM
 19:00-20:00 | HYBRID | AMIT
 20:00-21:00 | HYBRID | AMIT

TUESDAY

7:30-8:30 | HYBRID TRAINING | PNINIT
 8:00-9:00 | POWER SPINNING | SHIRA
 8:30-9:30 | HYBRID TRAINING | PNINIT
 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
 18:00-19:15 | POWER HIIT INTENSE | ORLY
 18:30-19:30 | BODYWEIGHT | ALMOG
 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 | OSHRAT
 8:30-9:30 | HYBRID | OSHRAT
 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
 19:00-20:00 | HYBRID | MATAN
 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