

# JUNE

## Classes schedule

City Club

### SUNDAY

7:30-8:30 | POWER HYBRID | MATAN  
8:00-9:00 | POWER SPINNING | SHIRA  
8:30-9:30 | HYBRID TRAINING | MATAN  
8:30-9:30 | BOXING | ADAM  
10:00-11:00 | BOXING | ADAM  
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 | 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  
19:15-20:15 | HIIT | ORLY  
20:15-21:15 | PILATES FLOW | DANIELLA

### FRIDAY

8:30-9:30 | POOLSIDE 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  
18:00-19:00 | BOXING | ADAM  
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