

SEPTEMBER

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
9:30-10:30 | YOGA SCULPT | EDEN
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
20:00-21:00 | YOGA | BAR

Opening Hours

SUNDAY-THURSDAY 06:30-22:00

FRIDAY 07:00-19:00

SATURDAY 08:00-19:00

MONDAY

7:30-8:30 | HYBRID | PNINIT
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 | DANCE WORKOUT | JENNIFER

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
19:30-20:30 | 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
19:15-20:15 | POWER HIIT INTENSE | ORLY
20:15-21:15 | YOGA | DANIELLA

THURSDAY

7:30-8:30 | HYBRID | OSHRAT
8:30-9:30 | HYBRID | OSHRAT
10:00-11:00 | BOXING | ADAM
12:00-13:00 | BOXING | ADAM
18:00-19:00 | HYBRID | MATAN
18:00-19:00 | BOXING | ADAM
19:00-20:00 | HYBRID | MATAN
20:00-21:00 | DANCE WORKOUT | JENNIFER ♀

FRIDAY

8:30-9:30 | YOGA | LEORA
9:30-10:30 | BURN | RONI
10:30-11:30 | ENDURANCE | AVIV
12:00-13:00 | KICKBOX | GALIT

SATURDAY

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

♀ WOMEN ONLY

*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.