

MARCH

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
10:00-11:00 | BOXING | ADAM
17:00-18:00 | PILATES | DANA
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

08:30-09:30 | PILATES | INBAR
9:30-10:30 | HIIT | INBAR
18:00-19:00 | BOXING | ADAM
18:00-19:00 | HYBRID | MATAN
19:00-20:00 | WOMEN'S BOXING | ADAM
19:00-20:00 | HYBRID | MATAN

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 | DANIELLA
17:00-18:00 | PILATES | DANA
17:30-18:30 | BOXING | ADAM
18:00-19:00 | POWER HYBRID | ORI
18:00-19:00 | POWER SPINNING | EYAL
18:30-19:30 | BOXING | ADAM
19:00-20:00 | HYBRID | ORI
20:00-21:00 | PILATES | DANA

WEDNESDAY

7:30-8:30 | HYBRID | MATAN
9:00-10:00 | PILATES | INBAR
17:00-18:00 | PILATES | DANA
18:00-19:15 | STRENGTH YOGA | BAR
18:30-19:30 | SPINNING | MALLORY
18:30-19:30 | BOXING | ELA
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
18:00-19:00 | HYBRID | MATAN
18:00-19:00 | BOXING | ADAM
18:30-19:30 | POWER SPINNING | INBAL
19:00-20:00 | HYBRID | MATAN
19:00-20:00 | BOXING | ADAM
20:00-21:00 | PILATES | NOY

FRIDAY

8:30-9:30 | YOGA | SHAI
9:30-10:30 | SWEAT & SCULPT | ERAN
10:30-11:45 | YOGA | HADAR

SATURDAY

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

*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.