

JULY

Classes schedule

City Club

SUNDAY

8:00-9:00 | PILATES | NOY
9:00-10:00 | HYBRID | SHAY
18:00-19:00 | BOXING | AMIT
18:00-19:00 | HYBRID | MATAN
19:00-20:00 | HYBRID | MATAN

MONDAY

8:30-9:30 | HYBRID | YUVAL
18:00-20:00 | HYBRID | MATAN
19:00-20:00 | YOGA | AYELET

TUESDAY

8:00-9:00 | PILATES | NOY
17:30-18:30 | BOXING | AMIT
18:00-19:00 | POWER YOGA | NATALIE
18:00-19:00 | SPINING | SHAY
19:00-20:00 | POWER HIIT | SHAY
20:00-21:00 | PILATES | NOY

WEDNESDAY

8:30-9:30 | POWER HIIT | SHAY
10:00-11:00 | BOXING | ARTHUR
18:00-19:00 | POWER HIIT | LIARA
18:00-19:00 | BOXING | AMIT
19:15-20:15 | YOGA FLOW | DANA
20:15-21:15 | PILATES | DANA

THURSDAY

8:00-9:00 | HYBRID | MATAN
9:00-10:00 | YOGA | AYELET
18:00-19:00 | HYBRID | LIARA
19:00-20:00 | HYBRID | LIARA

FRIDAY

9:00-10:00 | POLISIDE YOGA | NATALIE
11:00-12:00 | HYBRID | JORDEN

OPENING HOURS

SUNDAY-THURSDAY 7:00-22:00
FRIDAY 7:00-19:00
SATURDAY 8:00-19:00

*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.