

# STUDIO SCHEDULE

*Classes schedule*

*CityClub*

## 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.

Access to the training is conditional upon pre-registration at the reception