

NOVEMBER

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 | YOGA | DANIEL
19:00-20:00 | HYBRID | MATAN
19:15-20:15 | BOXING | AMIT

MONDAY

7:30-8:30 | BOXING | AMIT
9:00-10:00 | HYBRID | MATAN
18:00-20:00 | HYBRID | MATAN
19:00-20:00 | YOGA | AYELET

TUESDAY

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

WEDNESDAY

8:00-9:00 | POWER HIIT | SHAY
18:15-19:00 | POWER HIIT | LIARA
18:15-19:00 | BOXING | AMIT

THURSDAY

7:30-8:30 | PILATES | NOY
7:30-8:30 | BOXING | AMIT
8:30-9:30 | HYBRID | MATAN
18:00-19:00 | HYBRID | JORDAN
19:15-20:30 | YOGA | SHELLY

FRIDAY

8:30-9:30 | POLISIDE YOGA | NATALIE
9:30-10:30 | POWER HIIT | LIARA
11:30-12:30 | POWER HIIT | LIARA

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.