

STUDIO SCHEDULE

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.