Mati gym club Hadar Mall | 02-6712121 | Website studiomati.co.il | FROM - 27/06/18

Tuesday

Express	Spinning FIRST FLOOR	GOLD SECOND FLOOR	Silver SECOND FLOOR	Purple FIRST FLOOR
	07:45 Adi regev			
			08:10 Pilates Keren Huli**	
		08:45 Body power Nurit***	09:05 Zumba Keren Huli***	
		09:40 HIT Nurit****	10:00 Stretch&strengthen Keren Huli**	09:45 pilates Lili ben ami**
		11:00 Body sculpt Efrat***		
		please pay attention to the !!changes		
		17:00 Body sculpt Chen ***		17:25 ST + Abs Yael B. *** **M**
	18:00 Tal Dayan **M**	18:00 Pilates Chen **	18:20 Trampoline + Body sculpt Yael B***	18:20 Zumba Sapir uzan***
		19:00 Pilates Lili Ben Ami**	19:15 Body Power Meital	19:15 ST + Abs Nurit*** **M**
	20:00 Daniel **M**	20:00 Body sculpt SOON!	20:10 zumba Dima***	20:15 power sculpt Nurit***
				21:10 Pilates **M** Nurit ***

Monday

Express	Spinning FIRST FLOOR	GOLD SECOND FLOOR	Silver SECOND FLOOR	Purple FIRST FLOOR
			07:45 Bone building Nurit**	
	08:30 Daniel **M**	08:15 Pilates Sheri **	08:40 Body Power Nurit****	08:40 Body sculpt Yaara***
			09:35 Zumba Miriam Maor ***	09:35 Pilates Yaara ** **M**
		10:05 Yoga Naomi **	10:30 Body sculpt Miriam Maor ***	
	Length of class hour&10 min			11:00 pilates Yaara **
			Length of class hour&10 min	16:30 Yoga Naomi **
		please pay attention to the		17:40 St+Abs Hanit ***
		17:40 Zumba ira***		
	18:30 Free weight Tamar	18:25 Body sculpt Sapir Yanushi***	18:35 Interval + Body sculpt Lara ***	
	19:30 Tomer **M**	19:30 Body sculpt + dynamic Sapir ***	19:30 Pilates Yael B **	18:55 Pilates lea **
		new!!	20:25 Body sculpt Yael B ***	new!! 20:15 kickboxing Nurit**** **M**
				21:10 ST **M** Nurit***

Sunday

Express	Spinning FIRST FLOOR	GOLD SECOND FLOOR	Silver SECOND FLOOR	Purple FIRST FLOOR
			07:50 Pilates core Nurit***	
		08:15 Pilates Anat **	08:45 Dynamic sculpt Nurit****	08:30 Body sculpt Keren Huli****
	09:00 Tamar **M**	09:30 Zumba chen adika ***	09:40 Trampoline + Abs Nurit***	
			10:35 Stretch&strengthen Martin**	10:00 Pilates jyro Orli shalem**
change!		11:00 pilates Efrat**		
				14:50 Body sculpt Nurit***
	Length of class hour&10 min	17:30 Body Power chen Becor**** **(M)**	17:30 Pilates Lili Ben Ami***	17:00 Pilates Nofar**
	18:45 Tal Dayan **M** new	18:25 Yoga hagit ** **M**	18:25 Dynamic sculpt Chen ***	18:00 Pilates Yael B.**
		19:35 Body sculpt Hen Becor**** change!	19:20 Zumba Andrei***	18:55 ST+ sculpt yael B. ****
	20:15 Yonathan **M**		20:15 Trampoline Power Yossi **M** ****	20:05 Pilates **M** Anat**
				21:00 Pilates Anat**

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Friday

Express	Spinning FIRST FLOOR	GOLD SECOND FLOOR	Silver SECOND FLOOR	Purple FIRST FLOOR
	07:30 Tomer **M**		07:45 Pilates **	
	08:25 Tomer **M**	08:30 sculpt & strengthen Lili Ben Ami***	08:40 zumba*** sapir uzan	08:20 Deep stretching and abs nurit ** **M**
	09:30 Tamar **M**		09:40 Dynamic sculpture Nurit***	09:30 stretching with touches of yoga sasha***
	10:30 Tamar Free weight	10:30 Yoga Sasha ** **M**	10:35 kikboxing+sculpt Nurit****	
				11:40 Pilates **Nurit *** M**
				12:35 Zumba Orly***

Thursday

Express	Spinning FIRST FLOOR	GOLD SECOND FLOOR	Silver SECOND FLOOR	Purple FIRST FLOOR
		08:15 Pilates Keren Huli**	08:00 Interval + Body sculpt Lara ***	08:00 Sculpture + ST Nurit***
			09:10 Zumba + Abs Keren Huli***	09:00 Dynamic sculpture +ST Nurit****
		09:35 Body sculpt Sapir Y.***		
			Length of class hour&10 min	10:05 Yoga Naomi**
				11:15 Pilates Hen bechor**
				17:00 Pilates Yael B **
	18:30 Tamar		18:05 Body sculpt Lali**	18:00 ST+ sculpt yael B. ***
			19:00 Zumba David*** **M**	19:00 Dynamic sculpture +ST Nurit**** **M**
	20:00 Daniel **M**			20:00 Pilates core Nurit***

Wednesday

Express	Spinning FIRST FLOOR	GOLD SECOND FLOOR	Silver SECOND FLOOR	Purple FIRST FLOOR
		08:00 Body sculpt Nurit***		07:25 Pilates Hila**
	08:30 Daniel **M**		08:30 Pilates Efrat**	08:20 Feldenkrais Hila*
		09:35 Body sculpt Miriam Maor***	09:30 Trampoline + sculpt Efrat****	
		10:30 Zumba Miriam Maor ***		
			11:00 Pilates Efrat**	
				14:00 Pilates Yahalomit **
				16:30 pilates Galit**
	18:00 Tal Dayan **M**	18:05 Zumba Andrei***	18:05 Pilates ofra**	18:15 ST+sculpt Hanit***
		19:30 Dynamic sculpt Hen Bechor***	19:15 Pilates Nofar**	19:10 Yoga Alexandra ** **M**
	20:15 Tamar **M**	20:25 kickbox+body power yonathan***M	20:20 Trampoline Power Yossi **M***	20:30 Body sculpt Hen Bechor***

change! change! change! new!! new!!

ST = Suspension Training
M = Mixed Class
Pilates with Machines is with extra payment You must sign up for all classes!!!
Class registration via internet or telephonePilates with Machines is with extra payment You must sign up for all classes!!
Class registration via internet or telephone.
During the evning there are both mixed and woman only classes
This schedule is subject to change Classes are 50 or 55 minutes long Yoga is 70 minutes
Class level is marked by stars (*) Easy * - Medium ** Hard * - Expert ****

מעדני כושר הדר
חפשו אותנו
ברשתות החברתיות
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