

Sunday						Monday						Tuesday					
spinning	pilates	purple	studio 3	studio 2	studio 1	spinning	pilates	purple	studio 3	studio 2	studio 1	spinning	pilates	purple	studio 3	studio 2	studio 1
	machines	07:45 Body sculpting Efrat ***	circle 7:20 Body sculpting Roni				machines	07:40 ☺ Zumba Andrey***	Circle 7:25 Circle 7:55 Sharon	07:30 Pilates Efrat **	07:45 Feldenkrais Talia*		machines				
		08:40 Body Sculpting Efrat ***	08:15 Pilates Yaara **	08:20 Hard Core Yahlomit***	08:15 Med. Aerobic+ Sculpt Roni***	☺ 09:30 Yahlomit		08:30 Moderate Pilates Osnat**	08:30 Body Sculpting Dana ***	08:25 FIT BALL Sculpt Tali ***	08:30 Simple Aero. Efrat ***			07:45 Moderate Pilates Osnat **	07:45 ☺ Zumba Dima***	08:00 Body Sculpting Efrat ***	
☺ 09:30 Yahlomit		09:35 Body Sculpting Efrat ***	09:30 Feldenkrais Hila .k.*	09:20 Dyn. Sculpt Combination Dana ****	09:20 Mix l.dance Arie *** (men also)			09:30 Mix l.dance Arie *** (men also)	09:30 Pilates Efrat **	09:30 Pilates Dana ***	09:25 Body Sculpting Tali**	☺ 09:00 explanation 09:15 Revital		08:45 Moderate Pilates Osnat **	08:40 Pilates Dana ***	08:55 ☺ Zumba Ira ***	08:30 HIIT Sculpt Yahlomit****
		10:30 Pilates Osnat **	10:30 Pilates Osteoporosis Hila k **	10:30 Stretch+ strengthen Yahlomit ***	10:20 Power Sulpt Dana ****		10:30 pilates machines Galit	10:30 ☺ Body power Yahlomit****		10:30 Pilates + Stretch Dana**				09:45 ☺ Trampoline+ Sculpting Yahlomit****	09:35 FlyFit pilates Yaara ***	09:50 Dyn. Sculpt Combination Dana ****	09:30 Body Sculpting Efrat ***
☺ 15:45 Yohana men also	11:30 pilates machines Galit			11:15 Belly dancin einat sagi **	11:15 Pilates Flexi Bar Nurit ***		↑ separate payment			14:00 Body Power Dana ****						11:00 Stretch+ strengthen Martin **	
☺ 16:40 Yohanan men also	↑ separate payment			14:00 body sculpt Efrat***												14:00 Body Sculpting Tali***	
☺ 17:35 Yohanan men also			16:00 ☺ Pilates Hila .k.**			☺ 16:00 Yohanan men also			16:00 Yoga Zehava**	16:00 Body Sculpting Tzivia ***			☺ 16:00 Yohanan men also		16:00 ☺ Feldenkrais Hila k*	16:00 ☺ Pilates Cochi **	
☺ 18:30 Tomer men also		16:40 ☺ Dyn. Sculpt Nurit ****	17:00 ☺ Pilates Hila .k.**	17:00 ☺ Body Sculpt Roni***		☺ 17:00 Yohana men also	☺ 17:00 Galit ↑ separate payment		17:00 ☺ Trampoline+ Sculpt Adi***	17:15 ☺ Pilates Tzofiya *** men also	17:00 ☺ Mid. Aerobic+ Sculpt Shiran***	☺ 17:00 Yonathan men also	☺ 16:45 pilates machines Yaara	☺ 17:00 Zumba Ira ***	☺ 17:00 men also Pilates Cochi **	☺ 17:00 Power Sulpt Dana****	☺ 17:00 Med. Aerobic+ Sculpt Roni***
☺ 18:30 Tzivia men also	18:30 pilates machines Galit	18:00 ☺ Kickboxing Hadar****	18:00 ☺ Zumba Ira****	18:00 ☺ Power Pilates Flexi Bar Nurit ***	18:00 ☺ Kickboxing Daniel****	☺ 18:00 Tzivia men also			17:55 ☺ Trampoline+ Sculpt Nurit ***	18:10 ☺ Morfit Sharon***	18:00 ☺ Body Sculpting Yaara***	☺ 18:15 Yonathan men also	☺ 17:45 pilates machines Yaara	☺ 18:00 Body Power Tali****	☺ 17:55 FlyFit Tzofiya***	☺ 18:00 mix l.dance Arie*** men also	☺ 18:00 Belly dancing Ruti/Lilach**
☺ 19:30 Tzivia men also	↑ separate payment	18:35 ☺ Kickboxing Hadar****	19:00 ☺ Zumba Tracy ***	19:00 ☺ Hit Sculpt Nurit ***	19:00 ☺ Kickboxing Daniel****	☺ 19:00 Noa			18:55 ☺ Kickboxing Nurit *** men also	19:05 ☺ Pilates Efrat** men also	19:00 ☺ Mid/Advanced Step Noa ****	☺ 19:30 Yonathan men also	☺ 18:45 pilates machines Yaara	☺ 19:15 Aerobic Dance Tracy****	☺ 19:15 Body Sculpting Roni ***	☺ 19:00 Pilates core men also Yaara ***	☺ 19:00 Mid/Advanced Step Tali ****
☺ 20:30 Tzivia		19:30 ☺ Zumba Strong David ***	20:00 ☺ Pilates Tracy ***	20:00 ☺ Hit Morfit Nurit **** men also	19:15 Pilates Tali ***	☺ 20:30 Yonathan men also			20:00 ☺ Body Power Adi**** men also	20:00 ☺ Pilates Efrat **	20:15 ☺ Power Yoga Hadar *** men also 1 1/2 hour	☺ 20:35 Adi men also	↑ separate payment	☺ 20:10 Zumba Orly ***	☺ 20:15 Circle+Abs Roni	☺ 20:15 Pilates Tracy *** men also	☺ 20:00 Dyn. Sculpt Yaara****
		20:20 ☺ Hit Morfit Nurit **** men also	20:00 ☺ Latin Dance Tracy ***						21:00 ☺ Body Sculpting Efrat***					21:00 ☺ Zumba Orly ***	☺ 20:30 Adv.Dance Styles Reval ***		

Wednesday						thursday						Friday					
spinning	green	purple	studio 3	studio 2	studio 1	spinning	pilates machines	purple	studio 3	studio 2	studio 1	spinning	pilates machines	purple	studio 3	studio 2	studio 1
				07:15 Sculpt+Strech Martin **		08:15 ☺ Yohanan men also		07:25 Sculpt+Strech Martin **		07:30 Pilates Efrat **		07:20 Or ☺ men also				07:15 Pilates Vera ** (men also)	07:00 Body Sculpting Tzofia ***
08:45 Tzivia		08:00 Pilates Cochi **	08:00 ☺ Zumba Orly ***	08:10 FIT BALL Sculpt Yaara***	08:00 Feldenkrais Talia*		08:20 core Yahlomit**	08:20 Body Sculpting Martin ***	08:20 Pilates Efrat **	08:15 Pilates Dana ***	08:30 Advanced Step Tali****	08:20 Adi ☺ men also	08:10 ☺ Pilates Vera ** men also		08:00 ☺ Zumba Ira ***	08:10 Stretch+Stren. Flexi Bar Idit**	08:00 Body Sculpting Hanit ***
	09:00 pilates machines Yaara	09:05 ☺ Zumba Sentao Ira ***	09:00 Pilates Cochi **	09:00 Hard Core Dana ****	Body Sculpt Yahlomit***		fencer room	09:30 ☺ Body Power Yahlomit****	09:15 Yoga Zehava**	09:30 FIT BALL Sculpt Efrat ***	09:30 Mix l.dance Arie ** men also	fencer room	09:05 Pilates Flexi Bar Vera **	09:05 Pilates Efrat/Osnat **	09:00 ☺ Zumba Orly ***	09:05 Aerobic Dance Tracy/Tali****	09:05 ☺ Body Sculpting Yael B.G ***
	↑ separate payment	10:00 Pilates Flexi Bar Yaara***	10:00 Body Sculpting Tzivia ***	10:00 Body Sculpt Dana ***	Stretch+ strengthen Yahlomit **			10:30 Stretch+ strengthen Flexi Bar Martin**		10:30 zumba Ira ***		10:30 pilates machines Michael Tzofia	10:15 ☺ Zumba Orly ****	10:00 Pilates Tracy/Tali**** men also	10:00 Pilates Efrat/Chen **	10:00 Body Sculpting Yael B.G ***	
			11:00 Moderate Sculpt Martin **									↑ separate payment	11:15 Zumba David *** men also	11:00 ☺ FlyFit Tzofiya***	11:00 Body Sculpt Chen ***		
16:00 Yohanan men also		14:30 Pilates Efrat**		15:30 Pilates Tzofiya **								12:30 ☺ Yonatan men also	12:30 pilates machines Lea .S.	13:30 ☺ Circle+Abs Daniel			12:20 Body Sculpt Lea ***
			16:30 Osteoporosis workout Orit **			17:15 ☺ With Weights Lea .S. men also		16:55 ☺ Kickboxing Daniel**** men also	17:00 ☺ Pilates Cochi **	17:00 ☺ Dyn.sculpt+ Body Sculpt Hanit***		13:45 Lea .S. men also	↑ separate payment	14:45 ☺ Circle+Abs Daniel			
17:00 Yohanan men also		17:30 ☺ Body sculpt Nurit ***	17:30 ☺ Stretch+ strengthen Lili ***	17:30 ☺ Dyn. Sculpt Combination Dana ****	18:00 ☺ mix l. dance Arie *** (men also)		12:30 pilates machines Lea S		18:00 ☺ Trampoline Body sculpt Hadar ***	18:00 ☺ Zumba Ira ***	18:00 ☺ Body Sculpt Hanit***	18:00 ☺ Pilates Cochi **					
			18:25 ☺ Power Pilates men also	18:30 ☺ Pilates Dana ***	18:25 Kickboxing Adi**** ☺ men also	19:15 explanation men also	↑ separate payment	19:00 ☺ Kickboxing (men also) Hadar ****	19:00 ☺ Pilates Lea S***	19:15 ☺ Zumba Orly ***							
18:00 Yohanan men also		19:00 pilates machines Tal	19:25 ☺ Trampoline+ Sculpt Nurit ***	19:45 ☺ Body Sculpt Tzivia ***	19:45 ☺ Pilates Lea			20:15 ☺ Zumba Orly ***		20:00 ☺ Med. Aerobic+ Abs Roni ***							
	20:00 Lea .S. men also	20:00 pilates machines Tal	20:20 ☺ Trampoline+ Sculpt Nurit ***	20:45 ☺ Body Sculpt Tzivia ***													
21:15 Nurit men also	↑ separate payment																

Class levels: easy to Mid.* Mid.** Mid. To Advanced *** Advanced ****
 Classes marked with ☺ must sign up via. the registration system or phone. You may register a day ahead.
No show to class requires notice.If class wasn't booked, entry to class will be able only if available.
 cancellation/freezing of the membership must be done in person before the 25th of the month. When cancelling, chip must be returned.
 Classes are 55 min. Zumba classes are 50 min. Yoga is 70 min.
Prices-
 Full Studio membership is 215 NIS allows a class per day
 8 Class Studio membership is 195 NIS allows 8 classes a month.
 Gym+ Studio monthly membership is 259 NIS and 2550 NIS for a yearly membership
 Registration fee is 75 NIS.



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