

Mati gym club Hadar Mall | 02-6712121 | Website studiomati.co.il | FROM - 07/10/18

Tuesday					Monday					Sunday					
machin Pilates	Spinning FIRST FLOOR	GOLD SECOND FLOOR	Silver SECOND FLOOR	Purple FIRST FLOOR	machine Pilates	Spinning FIRST FLOOR	GOLD SECOND FLOOR	Silver SECOND FLOOR	Purple FIRST FLOOR	machine Pilates	Spinning FIRST FLOOR	GOLD SECOND FLOOR	Silver SECOND FLOOR	Purple FIRST FLOOR	
Extra charge	07:45 Adi regev 			07:30 body sculpt meital sharon***	Extra charge			07:45 Bone building Nurit**		Extra charge			07:50 Pilates core Nurit***		
08:00 galit exetra charge			08:10 Pilates Keren Huli**		07:50 galit exetra charge	08:30 Lara M	08:15 Pilates Sheri **	08:40 Body Power Nurit****	08:40 Body sculpt Yaara***			08:20 Pilates Tali**	08:45 Dynamic sculpt Nurit****	08:25 Body sculpt Keren Huli****	
09:15 galit exetra charge		08:45 Body power Nurit**	09:05 Zumba Keren Huli***				09:35 Zumba Miriam Maor ***	09:35 Pilates Yaara ** M	09:35 Pilates Yaara ** M	09:30 Anat exetra charge	09:00 Tamar M 	09:30 Body Power Tali****	09:40 Body sculpt Nurit**	09:20 Zumba orly ben ami*** change!	
		09:40 HIIT Nurit****	10:00 Stretch&strengthen Keren Huli**	09:45 pilates Lili ben ami**			10:05 Yoga Naomi **	10:30 Body sculpt Miriam Maor ***	11:00 Pilates Tali** change!	10:30 Anat exetra charge			10:35 Stretch&strengthen Martin**	10:15 Pilates jyro Orli shalem**	
		11:00 Body sculpt Efrat***										11:00 pilates Efrat**			
														14:50 Body sculpt Nurit***	
		17:00 Body sculpt Chen ***		17:25 ST + Abs Yael B. *** M			17:40 Zumba sapir u.		17:40 St+Abs Meital sharon ***				17:30 Body Power chen Becor**** (M)	17:30 Pilates Lili Ben Ami***	17:00 Pilates Nofar**
		18:00 Nurit M	18:00 Pilates Chen **	18:20 Body sculpt Yael B***			18:30 Free weight Tamar	18:25 Body sculpt Sapir Yanushi***	18:35 Interval + Body sculpt Lara ***		17:45 Anat exetra charge	18:45 Yonathan M 	18:25 Yoga hagit ** M	18:25 Dynamic sculpt Chen ***	18:00 Pilates Yael B.**
		19:00 tal dayan M	19:00 Pilates Lili Ben Ami**	19:25 kickboxing adi regev****			19:30 Tomer M	19:30 Body sculpt Sapir ***	19:30 Pilates Yael B **	19:00 Pilates lea **	18:45 Anat M exetra charge		19:20 Body sculpt chen Becor****	19:20 Zumba Andreii***	18:55 ST+ sculpt yael B. ****
			20:10 zumba Dima***	20:15 power sculpt Nurit***					20:25 Body sculpt Yael B ***	20:15 kickboxing Nurit**** M		20:00 Tomer M	change!	20:15 Trampoline Power Yossi M ****	20:05 Pilates M Anat**
				21:10 Pilates M Nurit ***						21:10 ST M Nurit***				21:00 Pilates Anat**	

Length of class
hour&10 min

Length of class
hour&10 min

please pay
attention to the

Length of class
hour&10 min

Pay attention!
Changes in rooms and
hours

new

new!!

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Friday					Thursday					Wednesday								
machine Pilates	Spinning FIRST FLOOR	GOLD SECOND FLOOR	Silver SECOND FLOOR	Purple FIRST FLOOR	machine Pilates	Spinning FIRST FLOOR	GOLD SECOND FLOOR	Silver SECOND FLOOR	Purple FIRST FLOOR	machine Pilates	Spinning FIRST FLOOR	GOLD SECOND FLOOR	Silver SECOND FLOOR	Purple FIRST FLOOR				
Extra charge	07:30 Tomer M		07:45 Pilates Rachel***		Extra charge					Extra charge		change!	07:45 Body sculpt Nurit***	07:25 Pilates Talya**				
	08:25 Tomer M	08:30 sculpt & strengthen Lili Ben Ami***	08:40 zumba*** sapir uzan	08:20 Deep stretching and abs nurit ** M		08:30 Yosi M	08:15 Pilates Keren Huli**	08:00 Interval + Body sculpt Lara ***	08:00 Sculpture + ST Nurit***	09:00 galit exetra charge	08:40 Nurit M	change!	08:30 Pilates Efrat**	08:20 Feldenkrais Orly Shalem**				
09:00 ina exetra charge	09:30 Tamar M		09:40 Dynamic sculpture Nurit***	09:30 stretching + sculpt sasha***	09:00 Anat exetra charge			09:10 Zumba + Abs Keren Huli***	09:00 Dynamic sculpture +ST Nurit****			09:35 Body sculpt Miriam Maor***	09:30 easy aerobic + sculpt Efrat****	09:30 pilates + bone building Orly Shalem**				
10:00 ina exetra charge	10:30 Tamar Free weight	10:30 Yoga Sasha ** M	10:35 kikboxing+sculpt Nurit****		10:00 Anat exetra charge		09:35 Body sculpt Sapir Y.***					10:30 Zumba Miriam Maor ***		change!				
11:00 ina exetra charge				11:40 Pilates Nurit *** M	11:00 Anat exetra charge				10:05 Yoga Naomi**				11:00 Pilates Efrat**					
				12:35 Zumba Orly***					11:15 Pilates Tali**					14:00 Pilates Tali**				
<p>ST = Suspension Training M = Mixed Class</p> <p>Pilates with Machines is with extra payment You must sign up for all classes!!!</p> <p>Class registration via internet or telephone Pilates with Machines is with extra payment You must sign up for all classes!!</p> <p>Class registration via internet or telephone.</p> <p>During the evening there are both mixed and woman only classes</p> <p>This schedule is subject to change Classes are 50 or 55 minutes long Yoga is 70 minutes</p> <p>Class level is marked by stars (*) Easy * - Medium **</p>																		
												17:00 Pilates Yael B **	17:30 galit exetra charge					16:30 pilates Galit**
						18:30 Tamar						18:00 ST+ sculpt yael B. ***	18:00 galit exetra charge	18:00 or a. M	18:05 Zumba Andrei***	18:05 Pilates ofra**	18:05 Pilates ofra**	18:15 ST+sculpt Hanit***
												19:00 Dynamic sculpture +ST Nurit**** M	19:30 Dynamic sculpt Hen Bechor***		19:30 Dynamic sculpt Hen Bechor***	19:15 Pilates Nofar**	19:15 Pilates Nofar**	19:10 Yoga Sasha ** M
						20:00 yonatan M						20:00 Pilates core Nurit***		20:00 yonayan M		20:20 Trampoline Power Yossi M***	20:30 ST+sculpt Hen Becho***	change!



ברשתות החברתיות חפשו אותנו - Expert ***
 @matihadarmall