



Mati gym club Hadar Mall | 02-6712121 | Website studiomati.co.il | FROM - 26/11/18

Tuesday					Monday					Sunday				
Pilates machine	Spinning FIRST FLOOR	GOLD SECOND FLOOR	Silver SECOND FLOOR	Purple FIRST FLOOR	Pilates machine	Spinning FIRST FLOOR	GOLD SECOND FLOOR	Silver SECOND FLOOR	Purple FIRST FLOOR	Pilates machine	Spinning FIRST FLOOR	GOLD SECOND FLOOR	Silver SECOND FLOOR	Purple FIRST FLOOR
Extra charge	07:45 Adi regev 				Extra charge			07:45 Bone building Nurit**		Extra charge			07:50 Pilates core Nurit***	change!
08:00 galit extra charge			08:10 Pilates Keren Huli**		07:50 galit extra charge	08:30 Lara M	08:15 Pilates Sheri **	08:40 Body Power Nurit****	08:40 Body sculpt Yaara***			08:25 Body sculpt Keren Huli****	08:45 Dynamic sculpt Nurit****	08:20 Pilates Tali**
09:15 galit extra 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 extra 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 extra charge	change!	10:35 Stretch&strengthen Martin**		10:15 Pilates jyro Orli shalem**
		11:00 Body sculpt Efrat***											11:00 pilates Efrat** change!	
														14:50 Body sculpt Nurit***
									17:40 St+Abs Meital sharon ***					
		17:00 Body sculpt Chen ***		17:25 ST + Abs Yael B. *** M			17:40 Zumba sapir u.					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***	18:20 Zumba Sapir uzan***	 18:30 Free weight Tamar	18:25 Body sculpt Sapir Yanushi***	18:35 Interval + Body sculpt Lara ***			17:45 Anat extra charge	18:45 Yonathan M new	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**	19:15 kickboxing adi regev****	19:15 ST + Abs Nurit*** M	 19:30 Tomer M	19:30 Body sculpt Sapir ***	19:30 Pilates Yael B **		19:00 Pilates lea **	18:45 Anat M extra charge		19:35 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 *** new!!		20:15 kickboxing Nurit**** M		 20:00 Tomer M	change!	20:15 BODYPOWER Yossi M **** change!	20:05 Pilates M Anat**
			21:10 Pilates M Nurit ***						21:10 ST M Nurit***					21:00 Pilates Anat**

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Friday					Thursday					Wednesday								
Pilates machine	Spinning FIRST FLOOR	GOLD SECOND FLOOR	Silver SECOND FLOOR	Purple FIRST FLOOR	Pilates machine	Spinning FIRST FLOOR	GOLD SECOND FLOOR	Silver SECOND FLOOR	Purple FIRST FLOOR	Pilates machine	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			07:45 Body sculpt sapir y.***	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	08:00 Anat extra charge	08:30 Yosi M	08:15 Pilates Keren Huli**	08:00 Interval + Body sculpt Lara ***	08:00 Sculpture + ST Nurit***	09:00 galit extra charge	08:40 Nurit M		08:30 Pilates Efrat**	08:20 Feldenkrais Orly Shalem**				
09:00 ina extra charge	09:30 Tamar M		09:40 Dynamic sculpture Nurit***	09:30 stretching + sculpt sasha***	09:00 Anat extra 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 extra charge	10:30 Tamar Free weight	10:30 Yoga Sasha ** M	10:35 kikboxing+sculpt Nurit****		10:00 Anat extra charge		09:35 Body sculpt Sapir Y.***					10:30 Zumba Miriam Maor ***						
11:00 ina extra charge				11:40 Pilates Nurit *** M	11:00 Anat extra 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 Pilates with Machines is with extra payment You must sign up for all classes!!! Class registration via internet or telephone Pilates with Machines is with extra payment You must sign up for all classes!! Class registration via internet or telephone. During the evening 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 **</p>																		
												17:00 Pilates Yael B **	17:30 galit extra charge					16:30 pilates Galit**
						18:30 Tamar M						18:00 ST+ sculpt yael B. ***	18:00 Pilates Yael B **	18:30 galit extra charge	18:00 or a. M	18:05 Zumba Andrei***	18:05 Pilates ofra**	18:15 ST+sculpt Hanit***
												19:00 Body sculpt Yael ben.	19:00 Dynamic sculpture +ST Nurit**** M	19:00 galit extra charge		19:30 Dynamic sculpt Hen Bechor***	19:15 Pilates Nofar**	19:10 Yoga Sasha ** M
	20:00 yonatan M							20:00 Pilates core Nurit***		20:00 yonayan M		20:20 BODYPOWER Yossi M***	20:30 ST+sculpt Hen Becho***					



 @matihadarmall

חדש! - Expert ***
 חפשו אותנו ברשתות החברתיות