

Mati gym club Hadar Mall | 02-6712121 | Website studiomati.co.il | FROM - 14/01/2019

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		change!	06:55 Body Power Nurit*** M		Extra charge			07:50 Pilates core Nurit***	change!	
08:00 Galit extra charge M			08:10 Pilates Keren Huli**	NEW! 08:45 Body sculpt Shiran***	07:50 Lea extra charge 	08:30 Lara 	08:15 Pilates Sheri **	07:50 Bone building Nurit**	change! 08:40 Body sculpt Yaara***			08:25 Body sculpt Keren Huli****	08:45 Dynamic sculpt Nurit****	08:20 change! Pilates Tali**	
09:15 Galit extra charge		08:45 Body power Nurit**	09:05 Zumba Keren Huli***	09:45 pilates Lili ben ami**			10:05 Yoga Naomi **	09:35 Zumba Miriam Maor ***	09:35 Pilates Yaara ** M	09:30 extra charge 	09:00 Tamar M 	10:35 Stretch&strengthen	09:40 Body sculpt Nurit***	09:20 Zumba orly ben ami*** change!	
		09:40 HIIT Nurit****	10:00 Stretch&strengthen Keren Huli**				10:30 Body sculpt Miriam Maor ***	11:00 Pilates Tali**	change!	10:30 extra charge	change!	11:00 pilates Efrat**		10:15 Pilates jyro Orli shalem**	
		11:00 Body sculpt Efrat***													
17:00 Tamar extra charge 		17:00 Body sculpt Chen ***		17:25 ST + Abs Yael B. *** M	17:00 Lea extra charge	change! 17:40 Zumba Hodaya***			17:40 St+Abs Meital sharon ***				17:30 Pilates Lili Ben Ami***	17:30 Body Power chen Becor**** (M)	14:50 Body sculpt Nurit***
	18:00 Nurit M 	18:00 Pilates Chen **	18:20 Body sculpt Yael B***	18:20 Zumba Sapir uzan***	18:00 Lea extra charge 	18:30 Free weight Tamar 	18:35 Interval + Body sculpt Lara ***	18:25 Body sculpt Sapir Yanushi***		17:45 Anat extra charge 	18:45 Yonathan M 	18:25 Yoga hagit ** M	18:25 Dynamic sculpt Chen ***	18:00 Pilates Yael B.**	
	19:00 	19:00 Pilates Lili Ben Ami**	19:15 kickboxing adi regev****	19:15 ST + Abs Nurit*** M		19:30 	19:30 Oriental Dance Hodaya***	19:30 Pilates Yael B **	19:00 Pilates lea **	18:45 Anat M extra charge 		19:35 Body sculpt chen Becor****	19:20 Zumba Andrei***	18:55 ST+ sculpt yael B. ****	
			20:10 zumba Dima***	20:15 power sculpt Nurit***			NEW!	20:25 Body sculpt Yael B ***	20:15 kickboxing Nurit**** M		20:00 Tomer 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

Pay attention!
Changes in rooms and hours

Pay attention!
Changes in rooms and hours

Length of class hour& 10

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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		08:20 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	08:30 Nurit M		08:40 Pilates Efrat**	08:20 Feldenkrais Orly Shalem**					
09:00 Ina extra charge	09:30 Tamar M		09:40 Dynamic sculpture Nurit***	09:30 Body sculpt Meital***	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 sub***	10:35 kikboxing+sculpt Nurit****	11:40 Pilates Nurit *** M	10:00 Anat extra charge		09:35 Body sculpt Sapir Y.***		10:05 Yoga Naomi**			10:30 Zumba Miriam Maor ***							
11:00 Ina extra charge				12:35 Zumba Orly***	11:00 Anat extra charge				11:15 Pilates Tali**				11:00 Pilates Efrat**	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 ** Hard *** Expert ****</p>																			
						18:30 Tamar M		18:00 sculpt & strengthen Nurit***	18:00 ST+ sculpt yael B. ***	17:30 Galit extra charge M	18:00 or a. M	18:05 Zumba Andrej***	18:05 Pilates Nofar**	16:30 pilates Galit**					
							new!!	19:00 Body sculpt Yael ben.	19:00 Dynamic sculpture +ST Nurit*** M	18:30 Galit extra charge M		19:30 Dynamic sculpt Hen Bechor***	19:15 Pilates sub**	18:15 ST+sculpt Hanit***					
						20:00 yonatan M			20:00 Pilates core Nurit***		20:00 Yonathan M		20:20 Body sculpt sub***	19:10 Yoga Sasha ** M					



מטי מועדוני כושר הדר

חפשו אותנו