



Sunday	ראשון	Monday	שני	Tuesday	שלישי	Wednesday	רביעי	Thursday	חמישי	Friday	שישי
Yoga	L 8:00 Ayala	Roll & Move	L 8:00 Rena	Yoga	L 7:45 Smadar	Power Yoga	Garden 8:00 Sarai	Roll & Move	L 8:00 Rena	Yoga	L 8:00 Orly
Spinning	S 8:00 Lara	Zumba	L 9:00 Natalia	Spinning	S 9:00 Lara	HIIT	B 8:00 Lara	Zumba	L 9:00 Inbal	Spinning	S 9:00 Vered
Strength Training	L 9:00 Lara	Spinning	S 9:15 Rena	Zumba	L 9:00 Inbal	Zumba	L 9:00 Lisa W	Spinning	S 9:15 Rena	Zumba	L 9:00 Estee
Roll & Move	L 10:00 Rena	Rocket Yoga	Garden 10:15 Natalia	Dance & Move	L 10:30 Lisa M	Balanced Body	L 10:00 Orit	Dance Shape	L 10:00 Orit	Power Yoga	Garden 10:00 Sarai
Pilates	L 11:00 Keren	Osteofit	L 11:00 Ettie			Roll & Move	L 11:00 Rena	Osteofit	B 11:00 Ettie	Pilates	L 10:00 Vered
Yoga	L 12:00 Orly	Gyrokinesis	Garden 16:45 Orit	Pilates	L 12:00 Shanee	Yoga	L 12:00 Orly	Pilates	L 11:15 Orit	Strong Nation	L 11:15 Sari
Feldenkrais	Garden 17:00 Michal	Men's Fitness	L 17:00 Shanee			Men's Fitness	L 17:00 Shanee				
Feldenkrais	Garden 18:00 Michal										
Pilates	L 18:00 Vered	Pilates	L 18:00 Orit	Core	L 18:00 Ilana	Pilates	L 18:00 Noa	Kick Boxing	L 18:30 Shimrat		
Zumba	L 19:00 Estee	Spinning	S 18:00 Miriam	Spinning	S 18:00 Vered	Spinning	S 18:00 Allison				
Spinning	S 19:00 Vered	HIIT	L 19:00 Shanee	HIIT TRX	L 19:00 Ilana	HIIT	L 19:00 Noa				
Power Yoga	Garden 19:00 Sarai	Core	L 20:00 Shanee	Strong Nation	L 20:15 Sari						
Kick Boxing	L 20:05 Shimrat										

 = Mixed
 = Women only
 L = Large
 B = Basketball Court
 S = Spinning Room
 Garden = Studio above Sports Center in the back garden of the Y

AQUACISE

تمارين مائية

התעמלות מים

Sunday ראשון الاحد	Monday שני الاثنين	Tuesday שלישי الثلاثاء	Wednesday רביעי الأربعاء	Thursday חמישי الخميس	Friday שישי الجمعة
	8:45 Laine Shallow		8:45 Laine Shallow		8:45 Laine Deep
12:00 Laine Shallow	12:00 Laine Shallow	12:00 Genady Shallow	12:15 Elyse Shallow	12:15 Elyse Shallow	10:00 Genady Shallow
19:00 Laine Deep	18:00 Genady Shallow	19:00 Laine Deep			

■ = Mixed □ = Women only

Reformer Pilates **פילאטיס מכשירים** **بيلاتس على الماكينة**

Sunday ראשון الاحد	Monday שני الاثنين	Tuesday שלישי الثلاثاء	Wednesday רביעי الأربعاء	Thursday חמישי الخميس	Friday שישי الجمعة
	8:00 Shanee	8:00 Shanee	9:00 Shanee	8:00 Shanee	
17:00 Shanee					12:15 Shanee
18:00 Shanee	18:00 Shanee		18:00 Shanee		

שיעורי פילאטיס מכשירים **בתשלום**. מינימום נרשמים לקיום שיעור: 3 מתעמלים/ות
 دروس بيلاتس على الماكينة **بالدفع**. الحد الأدنى للتسجيل لبدء الدرس: 3 مشتركين.

Pilates Reformer is an **added cost**. Minimum of three participants required to open a class.

ההרשמה באמצעות וואטסאפ בלבד, בטלפון: **054-7394064** התسجيل عبر الواتس اب فقط هاتف: **054-7394064**

To register please WhatsApp: **054-7394064**