

## SUNDAY

7:30-8:30 | HYBRID POWER | MATAN  
 8:00-9:00 | SPINNING | SHIRA ♀  
 8:30-9:30 | BOXING | ADAM  
 8:30-9:30 | HYBRID | MATAN  
 10:00-11:00 | BOXING | ADAM  
 17:00-18:00 | PILATES | GILI  
 18:00-19:00 | HYBRID | OSHRAT  
 18:00-19:00 | SPINNING | INBAL  
 19:00-20:00 | HYBRID | OSHRAT  
 20:00-21:00 | CORE&RESTORE | YARDEN

## MONDAY

7:30-8:30 | HYBRID | RONI  
 8:30-9:30 | HYBRID | RONI  
 18:00-19:00 | HYBRID | MICHEL  
 18:00-19:00 | BOXING | ADAM  
 18:30-19:30 | SPINNING | SHIRA  
 19:00-20:00 | BOXING | ADAM ♀  
 19:00-20:00 | HYBRID | MICHEL  
 20:00-21:00 | YOGA | LEORA

## TUESDAY

7:30-8:30 | HYBRID | MATAN  
 8:00-9:00 | SPINNING | SHIRA  
 8:30-9:30 | HYBRID | MATAN  
 9:30-10:15 | MINDFULNESS | ILYA  
 10:30-11:30 | YOGA | HADAR  
 17:00-18:00 | PILATES | GILI ♀  
 17:00-18:00 | CARDIO INTERVALS | ORI  
 18:00-19:00 | HYBRID STRENGTH | ORI  
 18:00-19:00 | SPINNING | INBAL  
 18:00-19:00 | BOXING | ADAM  
 19:00-20:00 | HYBRID | ORI  
 19:00-20:00 | RUNNING CLUB  
 19:00-20:00 | BOXING ADVANCED | ADAM  
 20:00-21:00 | PILATES | GILI

## WEDNESDAY

7:30-8:30 | HYBRID | MATAN  
 8:30-9:30 | HYBRID | MATAN  
 17:30-18:30 | HYBRID & RIDE | SHIRA  
 18:00-19:15 | YOGA | HADAR  
 19:15-20:15 | POWER HIIT | ORLY  
 20:15-21:15 | FLOW | DANIELLA

## THURSDAY

7:30-8:30 | HYBRID | RONI  
 8:30-9:30 | YOGA | RONI  
 9:30-10:15 | MINDFULNESS | ILYA  
 10:00-11:00 | BOXING | ADAM  
 12:15-13:00 | PILATES FLOW | NAAMA ♀  
 17:00-18:00 | DANCE WORKOUT | JENNIFER ♀  
 18:00-19:00 | HYBRID | MATAN  
 18:00-19:00 | BOXING | ADAM  
 19:00-20:00 | BOXING | ADAM  
 19:00-20:00 | HYBRID | MATAN  
 19:00-20:00 | RUNNING CLUB  
 20:00-21:00 | KICKBOXING | GALIT

## FRIDAY

8:30-9:30 | POWER YOGA | LEORA  
 9:30-10:30 | HYBRID | OSHRAT  
 10:30-11:30 | HYBRID | OSHRAT

## SATURDAY

10:00-11:00 | YOGA FLOW | LEORA  
 11:00-12:00 | HYBRID | BEN

**OPENING HOURS**  
**SUNDAY-THURSDAY 06:30-22:00**  
**FRIDAY 07:00-19:00**  
**SATURDAY 08:00-19:00**

\*Access to the training is conditional upon pre-registration  
 \*Hybrid training is a mixed fitness program that combines cardio and strength training methods in high intensity with lots of mobility drills to recover and restore your body

♀ WOMEN ONLY