

# JULY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>08:00-09:00</b> <b>Pilates</b> Michal Kroani Studio2	<b>08:00-09:00</b> <b>Pilates</b> Nika Piler Studio 2	<b>07:00-08:00</b> Functional training Naor vilner Studio 2	<b>08:00-09:00</b> <b>Fitball</b> Larissa Bagov Studio 2	<b>06:30-07:30</b> <b>Morning Run</b> Lior Krem (Meeting at Pure)	<b>08:00-09:00</b> <b>Viniyassa Yoga</b> Michal Vintfeld Studio 1	
<b>09:00-10:00</b> <b>Core body shape</b> Michal Kroani Studio 2	<b>08:00-09:00</b> <b>Viniyassa Yoga</b> Michal Vintfeld Studio 1	<b>08:00-09:00</b> <b>Viniyassa Yoga</b> Aviad Har Zion Studio 1	<b>09:00-10:00</b> <b>Pilates</b> Larissa Bagov Studio 2	<b>08:00-09:00</b> <b>Pilates</b> Nika Piler Studio 2	<b>09:00-10:00</b> <b>Pilates</b> Anny Tapiro Studio 2	
<b>11:00-12:00</b> <b>Body Shape</b> Larissa Bagov Studio 2	<b>09:00-10:00</b> <b>Bone Building</b> Larissa Bagov Studio 2	<b>09:00-10:00</b> <b>Feldenkrais</b> Roni Dominitz Studio 2	<b>10:00-11:00</b> <b>Body Shape</b> Nika Piler Studio 2	<b>08:00-09:00</b> <b>Ashtanga yoga</b> Maya Schlomka <b>Studio 1</b>	<b>10:00-11:00</b> <b>Body Shape</b> Anny Tapiro Studio 2	
<b>11:00-12:00</b> <b>Flow Yoga</b> Guy Alon Studio 1	<b>10:00-11:00</b> <b>Flow Pilates</b> Adva Ofir Studio 2	<b>10:00-11:00</b> <b>Body Shape</b> Anny Tapiro Studio 2	<b>11:00-12:00</b> <b>Flow Yoga</b> Guy Alon Studio 1	<b>09:00-10:00</b> <b>Feldenkrais</b> Tzach Zimroni Studio 2	<b>11:00-12:00</b> <b>Flow Yoga</b> Aviad Har Zion Studio 1	<b>11:00-12:00</b> <b>Body Shape</b> Larissa Bagov Studio 2
	<b>11:00-12:00</b> <b>Flow Yoga</b> Aviad Har Zion Studio 1	<b>11:00-12:00</b> <b>Pilates</b> Anny Tapiro Studio 2		<b>10:00-11:00</b> <b>Flow Pilates</b> Adva Ofir Studio 2	<b>11:00-12:00</b> <b>Fight&amp;Burn</b> Merhav Mohar Studio 2	<b>12:15-13:30</b> <b>Flow Yoga</b> Michal Cohen Studio 2
		<b>11:00-12:00</b> <b>Flow Yoga</b> Maya Shaltiel Studio 1		<b>11:00-12:00</b> <b>Flow Yoga</b> Guy Alon Studio 1	<b>12:00-13:00</b> <b>Zumba</b> Roni kela Studio 2	
<b>18:00-19:00</b> <b>Hard core Pilates</b> Michal Kroani Studio 1	<b>18:00-19:00</b> <b>Body weight</b> <b>Merhav mohar</b> <b>Studio 1</b>	<b>18:00-19:00</b> <b>Body Shape</b> Erez Afon Studio 2				
<b>18:00-19:00</b> <b>Body Shape</b> Anny Tapiro Studio 2	<b>18:15-19:15</b> <b>Zumba</b> Dana Chesler Studio 2	<b>19:00-20:00</b> <b>Pilates</b> Michal Kroani Studio 2	<b>18:30-19:30</b> <b>Body Shape</b> Elad Shabtai Studio 2	<b>18:00-19:00</b> <b>Pilates</b> Larissa Bagov Studio 2		<b>19:00-20:00</b> <b>Total Fit</b> Ron bar Studio 2
<b>19:00-20:15</b> <b>Viniyassa Yoga</b> Guy Alon Studio 2	<b>19:00-20:15</b> <b>Power Yoga</b> Guy Alon Studio 1	<b>19:00-20:00</b> <b>Basic Yoga</b> Maya Schlomka Studio 1	<b>19:00-20:15</b> <b>Viniyassa Yoga</b> Guy Alon Studio 1	<b>19:00-20:15</b> <b>Viniyassa Yoga</b> Guy Alon Studio 1		
<b>19:00-20:00</b> <b>Bikini body</b> Rotem Zaks Studio 1	<b>19:15-20:15</b> <b>Body Shape &amp; Stretches</b> Larissa Bagov Studio 2		<b>19:30-20:30</b> <b>Functional training</b> Naor Vilner studio 2	<b>19:00-20:00</b> <b>Body Shape</b> Larissa Bagov Studio 2		
		<b>20:00-21:00</b> <b>Body Shape</b> Erez Afon Studio 2		<b>20:00-21:00</b> <b>Functional training</b> Naama Shachar studio 2		
<b>20:30-21:30</b> <b>Functional training</b> Naor Vilner studio 2	<b>20:30-21:30</b> <b>Smash Kickbox</b> Naama Shachar Studio 2					



gym hours: Sunday–Thursday 06:00–24:00 Friday 06:00-19:00 Saturday 08:00-21:00 |  
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# JULY 2019

## SPINNING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>07:00-08:00</b> Shai Ovadia		<b>07:00-08:00</b> Shai Ovadia		<b>10:00-11:00</b> Shai Ovadia	<b>11:00-12:00</b> Shai Ovadia
<b>19:00-20:00</b> Tal Sharabi	<b>18:00-19:00</b> Shai Ovadia	<b>18:00-19:00</b> Shai Ovadia	<b>19:00-20:00</b> Tal Sharabi	<b>19:00-20:00</b> Tal Sharabi		

SPINNING

## Pilates Reformers Workout

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>10:00-11:00</b> Ofri Bleir *Advanced	<b>11:00-12:00</b> Sharon/ Galit
<b>17:00-18:00</b> Galit Gal			<b>17:00-18:00</b> Galit Gal		<b>11:00-12:00</b> Ofri Bleir	<b>12:00-13:00</b> Sharon/ Galit
<b>18:00-19:00</b> Galit Gal		<b>18:00-19:00</b> Zohar Cohen	<b>18:00-19:00</b> Galit Gal	<b>18:00-19:00</b> Linor Meidan *Advanced		
	<b>19:00-20:00</b> Tamara Galil	<b>19:00-20:00</b> Zohar Cohen	<b>19:00-20:00</b> Tamara Galil	<b>19:00-20:00</b> Linor Meidan		
	20:00-21:00 Tamara Galil	<b>20:00-21:00</b> Zohar Cohen	<b>20:00-21:00</b> Tamara Galil			



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