

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga & Pilates						
09:15-10:15 Pilates Dana	09:00-10:15 YogaTherapy Barak	09:15-10:15 Pilates Ella	09:30-10:30 Pilates Dana	8:30-10:00 Vinyasa Keren-Or	09:30-11:00 Ashtanga Keren-Or	
10:30-12:00 Vinyasa Abigail	10:30-12:00 Vinyasa Meital	10:30-12:00 Ashtanga Jonathan	10:30-12:00 Vinyasa Abigail	10:30-12:00 Vinyasa Ruti	11:00-12:30 Vinyasa Meital	
17:30-18:30 Pilates Zohar	13:30-15:00 Vinyasa Smadar	18:00-19:30 Vinyasa Avi	16:45-18:00 Vinyasa Ruti	12:00-14:00 Acro-Yoga Avner	12:30-13:30 Pilates-Core Nataly	
18:30-19:30 Pilates Garuda Shimrit	17:45-18:45 Pilates Dana	19:30-21:00 Ashtanga Keren-Or	18:00-19:00 Pilates Nataly	17:45-19:00 Yoga Basics Jonathan	13:30-14:30 Pilates Dana	17:30-19:30 Ashtanga Keren-Or
19:30-21:00 Ashtanga Jonathan	18:45-20:15 Vinyasa Abigail	21:00-22:00 Pilates Tzipi	19:00-20:30 Vinyasa Meital	19:00-20:00 Pilates Ella		19:30-20:30 Pilates Tzipi
21:00-22:30 Vinyasa Abigail	20:30-21:30 Pilates Ella 21:30-23:00 Ashtanga Beginners Jonathan		20:30-21:30 Pilates Garuda chen	20:00-21:30 Vinyasa KerenOr		
Dance						
16:30-17:45 NIA dance Gabi	18:00-19:30 Modern Jazz Roy	16:30-18:00 Butoh Iris	17:00-18:00 Tribal Fusion Mor	17:30-18:30 Flamenco Shoham	09:00-10:00 Ballet Int. Alon	17:30-19:00 Modern Adv. Rotem
17:45-18:45 Ballet Int. Tamar	19:30-20:30 Belly Dance Beginners	18:00-19:00 Ballet Basics Liron	18:00-19:00 Zumba Yael	18:30-19:30 Ballet Basics Keren-Or	10:00-11:30 Modern Alon	19:00-20:30 Lyrical Jazz Daphna
18:45-20:15 Modern Jazz Rico	20:30-21:30 Belly Dance Advanced Tamar	19:00-20:30 Modern Jazz Liron	19:00-20:00 Belly Dance Yael	19:30-20:45 Modern Basics Shimrit	11:30-13:00 HipHop Meital	20:30-22:00 HipHop Omri
20:15-21:15 Zumba Liat		20:30-21:30 StripDance Meital	20:00-21:30 Modern Int. Itzik	20:45-22:15 Modern Jazz Roy	13:00-14:00 Zumba Yael	
21:15-22:45 HipHop Meital	21:30-23:00 Afro- Caribbean Laure	21:30-23:00 Breakdance Artik	21:30-23:00 HipHop Int. Shoko 21:30-23:00 Salsa Asi		14:30-16:00 African AB 16:00-17:15 Tribal Fusion Mor	