

Morning Schedule May 2012



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00	Pilates <i>Hen Saban</i> ☺☺		Pilates <i>Hen Saban</i> ☺			Conditioning <i>Liron</i> ☺☺ Private class	The studio Is Closed on Saturday morning New classes: Monday 21:30 strip dance – shay Tuesday 9:30 barre au sol – ruthie Tuesday 10:30 ballet – maria Wednesday 9:00 ballet- tali perez Thursday 17:30 modern –roy Friday 12:00 conditioning- hagar Friday 13:00 dance aerobics
			Private class			Pilates <i>Adi</i> ☺	
09:00	Private class Stretching 9:30★ <i>Ruthie</i> ☺☺	Fitball <i>Tal Yahalom</i>	Conditioning <i>Liron</i> ☺☺ Barre au sol 9:30 <i>Ruthie Forberg</i>	Conditioning <i>Lika</i> ☺ Private class	Stretching + abs <i>Naomi</i> ☺	Fitball <i>Shani</i> Vinyasa yoga <i>Avigail S. 8:45</i> Butts + guts <i>Naomi</i> ☺☺	
		Private class		Ballet <i>Tali Perez</i> ★☺☺	Vinyasa yoga ★ <i>Avigail</i>		
10:00	Conditioning <i>Naomi</i> ☺☺	Conditioning <i>Naomi</i> ☺☺	Conditioning <i>Naomi</i> ☺☺ Ballet 10:30 ★ <i>Maria</i> ☺☺	Conditioning <i>Naomi</i> ☺☺ Jazz 10:30 ★ <i>Ruthie</i> ☺	Conditioning <i>Naomi</i> ☺☺ Ballet ★ <i>Maria Barrios</i> ☺	Interval training <i>Naomi</i> ☺☺ Stretching <i>Vardit</i> ☺ Step aerobics <i>Liron</i> ☺ Ballet ★ <i>Yoram</i> ☺	
		Ballet ★ <i>Maria</i> ☺					
11:00	Ballet ★ <i>Tal Aran</i> ☺☺	Stretching <i>Naomi</i> ☺	Pilates <i>Daniela</i> ☺ X		Private class	Conditioning <i>Vardit</i> ☺☺ Step aerobics <i>Gil</i> ☺	
11:30	Pilates <i>Daniela</i> ☺					Jazz ★ <i>Ruthie</i> ☺☺	
12:00	Modern dance ★ <i>Roy 12:30</i> ☺			Pilates <i>Tamar</i> ☺☺	Modern dance ★ <i>Roy</i> ☺	Ballet <i>Vered</i> ☺ Conditioning <i>Hagar</i> ☺ Zumba <i>Mai</i> ☺	
					Step aerobics+Abs <i>Gil</i> ☺★		
13:00						Step aerobics <i>Udi</i> ☺ Jazz ★ <i>Iris Dubman</i> ☺☺ Fitball <i>Gil</i> ☺☺ Dance aerobics <i>Hagar</i> ☺	
14:00						Strip Dance <i>Shay</i> ☺ Jazz ★ <i>Roy 14:30</i> basic Step aerobics <i>Gil</i> ☺ Pole Dancing <i>Mor14:15</i> ☺	
15:00						Step aerobics <i>Lika</i> ☺ Video Flash <i>Omri moshe</i> ☺ Pole Dancing <i>Mor15:15</i> ☺	
16:00		Ballet ★ <i>Tal Aran</i> ☺			Ballet ★ <i>Tal Aran</i> ☺		

☺ - beginners ☺ - intermediate ☺ - advanced ★ - 90 min class ⌚ - long warm up

Evening Schedule May 2012



	Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
17:30	Stretching <i>Adi Axenfeld</i> ☺	<i>Dance School- Bkids</i>	Pilates <i>Tami</i> ☺	<i>Dance School- Bkids</i>	Stretching <i>Adi Axenfeld</i> ☺	Zumba <i>Mali</i> ☺
	<i>Dance School- Bkids</i>	<i>Dance School- Bkids</i>	Ballet 17:00★ <i>Tal Aran</i> ☺		<i>Dance School- Bkids</i>	Ballet 17:00 <i>Naama Kristal</i> ★☺
	Private Class	Step aerobics <i>Lika</i> ☺	<i>Dance School- Bkids</i>	Step aerobics <i>Lika</i> ☺	<i>Dance School- Bkids</i>	Pilates <i>Daniel</i> ☺
	Conditioning <i>Iris</i> ☺☺	Conditioning <i>Udi</i> ☺☺	Step aerobics <i>Udi</i> ☺	Stretching <i>Ruthie Forberg</i> ☺	Modern- intro <i>Roy</i>	Conditioning <i>Udi</i> ☺
		X		Private Class	Pilates <i>Hila Horesh</i> ☺	
18:30	Jazz <i>Ruthie forberg</i> ☺	Conditioning <i>Lika</i> ☺	Modern dance ★ <i>Roy</i> ☺	Conditioning <i>Naomi</i> ☺☺	Conditioning <i>Liron</i> ☺☺	Jazz –intro <i>Chilic</i> ☺
	Step aerobics <i>Iris</i> ☺	Dance aerobics <i>Gil</i> ☺	Conditioning <i>Vardit</i> ☺☺	Kickboxing + Abs. <i>Li</i> ☺☺	Ballet - Intro <i>Naama</i> ☺	Modern dance ★ <i>'Ilayah</i> 19:00 ☺
	Pole Dancing <i>Mor</i> ☺	<i>Dance School- Bkids</i>	Stretching <i>Udi</i> ☺	Intro –Hip hop <i>Koby</i>	<i>Dance School- Bkids</i>	Stretching. <i>Hila</i> ☺
	Conditioning <i>Vardit</i> ☺☺	Step aerobics <i>Udi</i> ☺	Step aerobics <i>Hagar</i> ☺	Step aerobics + Abs. <i>Gil</i> ☺	Step aerobics <i>Udi</i> ☺	Step aerobics <i>Udi</i> ☺
			Conditioning <i>Iris</i> ☺☺	Butts & guts <i>Lika</i> ☺☺	TRX <i>RuthieForberg</i> ¾	
19:30	Conditioning <i>Naomi</i> ☺☺	Jazz - intro <i>Iris Dubman</i>	Jazz 20:00 ★ <i>Roy</i> ☺	Conditioning <i>Naomi</i> ☺☺	Conditioning <i>Vardit</i> ☺☺	Jazz ★ <i>Chilic</i> ☺
	Dance aerobics <i>Tal Yahalom</i> ☺	Kickboxing + Abs. <i>Li</i> ☺☺	Ballet - Intro <i>Tamar</i> ☺	Jazz <i>Ruthie Forberg</i> ☺	<i>Kick & freak</i> <i>Li</i> ☺	Step aerobics <i>Udi</i> ☺
	Pole Dancing <i>Mor</i> ☺	Pilates <i>Daniela</i> ☺	Stretching <i>Vardit</i> ☺☺	Pilates <i>Efrat</i> ☺	Hip Hop basic <i>Omri Moshe</i> ☺	
	Pilates <i>Shiri</i> ☺	Stretching <i>Udi</i> ☺☺	Conditioning <i>Hagar</i> ☺☺	Step aerobics <i>Liron</i> ☺	Step aerobics <i>Udi</i> ☺	Hip Hop <i>Ariel</i> ★☺
			Step aerobics + Abs. <i>Iris</i> ☺		Stretching <i>Ruthie Forberg</i> ☺	
20:30	Ballet <i>Emily</i> ☺	Modern dance ★ <i>Roy</i> ☺	X	Hip Hop <i>Koby</i> ★☺	Jazz <i>Chilic</i> ☺	X
	Hip Hop – Intro <i>Tal H.</i> ☺	Ballet ★ <i>Naama Kristal</i> ☺	Hip Hop <i>Ariel</i> ☺	Ballet <i>Danit</i> ★☺	Ballet <i>Emily 10/5</i> ★☺☺	
	Modern dance – Intro <i>Roy</i> ☺	Hip hop <i>Tom john</i> ☺	<i>Pilates</i> <i>Shiri</i> ☺☺	Pole Dancing <i>Mor</i> 21:00 ☺	<i>Step Aerobics</i> <i>Liron Kol Aman</i> ☺	
	Step aerobics 21:00 <i>Gil</i> ☺	Zumba <i>Mai Mor</i>	Zumba <i>Nicky</i>	Zumba <i>Nicky</i>	Zumba <i>Yael Ringel</i> ☺	X
			Private Class	Conditioning <i>Liron</i> ☺	Pilates <i>Elia</i> ☺	
21:30	Jazz ★ <i>Iris Dubman</i> ☺	X		Hip Hop – Intro <i>Tal H.</i> ☺	Jazz ★ <i>Iris Dubman</i> ☺☺	
	Street Funk <i>Tal H.</i> ☺	X	Street Funk ★ <i>Tal Hendselman</i> ☺	X		
	Ballet ★ <i>Emily</i> ☺	Strip Dance ★ <i>Shay</i> ☺☺		Pole Dancing <i>Mor22:00</i> ☺	Private Class	
		Hip Hop ★ <i>Sover</i> ☺☺	Jazz ★ <i>Iris Dubman</i> ☺	<i>Modern dance</i> <i>'Ilayah</i> ☺		

☺ - beginners ☺ - intermediate ☺ - advanced ★ - 90 min class ⌚ - long warm up