

Studio classes schedule

January - April 2019

Sunday					
	Studio 9	Studio 8 / Studio 7	Studio 4 / Instructional pool	Mechola 2 / Spinning / Studio 6	Studio 10 / Mechola 1
06:00	06:30 Sarit Golander Health Exercise				
07:00	07:30 Sarit Golander Health Exercise				DR. Daniel Mishory Stability (firmeza)
08:00		Mat Pilates (Beginners)	08:00-08:45 Yehudit Ben-Hur Water gymnastics	Rina Brayer Yoga (Mechola 2)	Tali Gayer STRETCH & CORE (Mechola 1)
09:00	Maya Packman Mat Pilates (Advanced) additional fee		08:45-09:30 Yehudit Ben-Hur Water gymnastics	Rina Brayer Power Yoga (Mechola 2)	Tali Gayer Body Shape (Mechola 1)
10:00				10:00 - 14:00 Bridge practice (studio 6)	
16:00	Evelyn Ezra Yoga Vinyasa	Musical Movement 16:15 2-3 years 16:45 4-5 years			Rhythmic gymnastics 3 rd -4 th graders
17:00	Hagit Dvir Mat Pilates	Bar Hermoni Body shape (Studio 7)	17:00-18:15 Crafting 3-8 years		Rhythmic gymnastics pre + kindergarten
18:00	Hagit Dvir Mat Pilates	Bar Hermoni HIIT			17:45 Rhythmic gymnastics 1 st -2 nd graders
19:00	Ricky Amrani Kick boxing			Nofar Honi Spinning	
20:00	Ricky Amrani FIT & PUMP	Yuval Baram Yoga Vignana			
21:00	21:05 Danny Fichman Tai Chi	21:15 Yuval Baram Yoga Vignana			

Monday					
	Studio 9	Studio 8	Studio 7	Studio 4 / Spinning	Studio 10
06:00	06:25 Yaron Hai Menashe Health Exercise				
07:00	07:15 Yaron Hai Menashe Health Exercise			Sassi Perets Spinning	DR. Amnon Cechovoy Aikido weapons + IAI
08:00	08:05 Ruti Kaminer Mat Pilates	Lali Shemer Body & Mind			
09:00	Ruti Kaminer Mat Pilates	Lali Shemer Body & Mind			
10:00	Ruti Kaminer Mat Pilates	10:05 Idit Gil Paula method			
15:00	Yuval Baram Yoga Vinyasa				
16:00	Nili Planet Feldenkrais			16:30 Science kindergarten - 2 nd graders	16:30 Judo 3 rd -6 th graders
17:00	Meytar David Body Shape	Sharon Cohen Belly Dances		17:30 Science 3 rd - 6 th graders	17:15 Judo pre + Kindergarten
18:00	Pinna Matok Chi Kung	Yvonne Ben-Oz Core & Stretch		Meital Amos Spinning	18:05 Judo 1 st -2 nd graders
19:00	19:15 Anaselia De Silva Zumba	19:30-20:30 Ballroom Dancing (Beginners)	19:10 Yvonne Ben-Oz Step Training (Intermediate)	19:10 Meital Amos Spinning	19:00-20:30 Liad Eko Judo (Adults)
20:00	20:15 Dorin Sidman Mat Pilates	20:30-21:30 Ballroom Dancing (Intermediate)	20:15 Yvonne Ben-Oz Body Shape		
21:00	21:15 Idan Ben Bassat Suspension training	22:00-23:00 Ballroom Dancing (Advanced)			

Tuesday					
	Studio 9	Studio 8	Instructional pool / Sports hall	Studio 4	Studio 10 / Studio 7 / Spinning / Studio 6
06:00	06:15 Shlomit Mandler Health Exercise				
07:00	Nili Planet Feldenkrais	07:30 Ortal Shushan Body Shape			
08:00		08:30 Ortal Shushan Mat Pilates	08:00-08:45 David Mordov Water gymnastics		
09:00	Rina Brayer Yoga		08:45-09:30 David Mordov Water gymnastics		
10:00	10:05 Lidia Agiv Nia Omega				
16:00	Nili Planet Feldenkrais			16:15 Berlitz Kids - English 1 st -2 nd graders	16:30-19:30 Michael Brifman Bridge (Studio 6) Additional fee
17:00	Nili Bar Bone Building Exercise	Tali Gayer Body Shape	Ping Pong 1 st -6 th graders (Sports Hall)	Berlitz Kids - English 3 rd -4 th graders	Capoeira pre + kindergarten (Studio 10) Yossi Kedem Kick Boxing (Studio 7)
18:00	Yossi Kedem PUMP	Tali Gayer STRETCH & CORE		17:45 Berlitz Kids - English pre + kindergarten	17:45 Capoeira 1 st -2 nd graders (Studio 10) Bar Hermoni Spinning
19:00	Tali Gayer Mat Pilates	Amit Eini Body Power	19:30-21:00 Open activity at the Sports Hall		19:30 DR. Amnon Cechovoy Aikido Empty hand (Studio 10)
20:00	Amit Eini HIIT / Suspension training	Melina Leovits Power Yoga			DR. Amnon Cechovoy Aikido weapons + IAI (Studio 10)
21:00	Ronit Biger Yoga Flow				

Wednesday					
	Studio 9	Studio 8	Studio 6 / Instructional pool	Spinning	Studio 10
06:00	06:30 Yaron Hai Menashe Health Exercise				
07:00	07:30 Yaron Hai Menashe Health Exercise			Hagit Rosenberg Spinning	
08:00			08:00-08:45 Sarit Golander Water gymnastics		
09:00	Sarit Golander Body Shape	Melina Leovits Yoga	08:45-09:30 Eran Leshem Water gymnastics		
10:00	Pinna Matok Chi Kung				10:00-11:30 Galia Penchovski Developmental guidance (Baby Feldenkrais)
15:00	Melina Leovits Yoga Vinyasa				
16:00	Tzelila Chrizman Feldenkrais	Akasha Survival 1 st -4 th graders			Rhythmic gymnastics 3 rd -4 th graders
17:00	Shirit Gabor Mat Pilates	Ligal Elbaz Body Shape	Akasha Survival Pre + Kindergarten (studio 6)	Yoga Kids 1 st -4 th graders	Rhythmic gymnastics pre + kindergarten
18:00	Shirit Gabor Mat Pilates	Ligal Elbaz Aerobic step training		17:45 Yoga Kids pre + kindergarten	17:45 Rhythmic gymnastics 1 st -2 nd graders
19:00	Anaselia De Silva Zumba	Yossi Kedem BOOTCAMP		Sassi Perets Spinning	
20:00	Idan Ben Bassat Suspension training	Dana Rosenbloom Body Shape			20:30-23:30 Haim Peer Jiu Jitsu
21:00	Daniel Schedelzki Mat Pilates				

*The "studio classes" membership enables entrance solely to the following studios: Mechola 1+2, 9, 10 and spinning.

**An additional 350 NIS fee is required for annual participation in spinning classes for TAU faculty / TAU students memberships.

*** Participation at Zumbini and English classes requires registration in advance at the reception desk

**** Participation in Judo classes is possible from the age 4 and above



New Class
High Pulse
Shaping & Toning
Body & Soul
Health Exercises
Dance & Motion
Children Classes
A.S.A TA Classes - additional fee

Studio classes schedule January - April 2019

Thursday				
	Studio 9	Studio 8	Sports hall / Spinning	Studio 10
07:00	06:45 Evelyn Ezra Yoga Vinyasa			
08:00	Mat Pilates Beginners	Lali Shemer Body & Mind		
09:00	Maya Packman Mat Pilates (Advanced) additional fee	Lali Shemer Body & Mind		
10:00		Orit Danon Stretching Exercise		
16:00	Nili Planet Feldenkrais	16:20 Zumbini Kids + Parents 0-4 years	Mobility Kids + Parents Kindergarten - 2 nd graders	16:30 Judo 3 rd -6 th graders
17:00		Tali Gayer Body Shape	17:15 Zumba Kids Kindergarten - 2 nd graders	17:15 Judo pre + kindergarten
18:00	18:05 Yossi Kedem PUMP	Tali Gayer Stretching Exercise	Zumba Kids 3 rd - 6 th graders	Judo 1 st -2 nd graders
19:00	19:05 Yossi Kedem Kick boxing	Tali Gayer Mat Pilates	Sassi Perets Spinning	18:45-20:15 Liad Eko Judo (Adults)
20:00	GAGA / People	20:00-02:00 Gadi Biton Israeli Dance (Sports Hall)		20:30 DR. Amnon Cechovoy Aikido weapons + IAI
21:00	21:05 Danny Fichman Tai Chi			

Friday					
	Studio 9	Studio 8	Instructional pool / Sports Hall	Spinning / Mechola 2	Studio 10
07:00	Sarit Golander Health Exercise	Nili Planet Feldenkrais			
08:00	Nili Bar Bone Building Exercise	Nili Planet Feldenkrais	08:30-09:15 Shlomit Mandler / Michal Maman Water gymnastics	Bar Hermoni / Hagit Rozenberg Spinning	
09:00	Anaselia De Silva Zumba	Nili Planet Feldenkrais	09:15-10:00 Shlomit Mandler / Michal Maman Water gymnastics		
10:00	10:05 Idit Gil Paula method				
11:00	Vered Yuval Yoga Vinyasa Flow				11:30 Nital Tzelniker Taiko Life
12:00	Lital Gamliel / Amit Eini Body Shape		12:00-16:00 Ping Pong / Open activity at the Sports Hall		
13:00	Lital Gamliel Kick boxing				
14:00	Nili Planet Feldenkrais			Dorin Sidman Mat Pilates	
15:00	Yvonne Ben-Oz Core & Stretch			Idan Ben Bassat Self defense & Krav Maga	15:00-17:30 DR. Amnon Cechovoy Aikido weapons
16:00	Yvonne Ben-Oz Body shape Fit ball			Sassi Perets / Bar Hermoni Spinning	
17:00	17:15 Bar Hermoni / Amit Eini HIIT				

Saturday				
	Studio 9	Sports Hall	Spinning	Studio 10 / Mechola
08:00	Sarit Golander / Orit Danon Health Exercise			
09:00	Sarit Golander / Orit Danon Health Exercise	09:00-15:00 Ping Pong / Open activity at the Sports Hall		
10:00	Ira Ginsburg / Amit Eini PUMP		Meirav Klein / Sassi Perets Spinning	Sarit Golander / Orit Danon Body Shape (Mechola 1)
11:00	Mike Varon Israeli Dance - Circles (intermediate)			
12:00	12:30 Mike Varon Israeli Dance - Couples			
13:00	13:30 Mike Varon Israeli Dance - Circles			
14:00	14:30-16:00 Mike Varon Israeli Dance - Couples			
16:00				16:30-19:30 Haim Peer Jiu Jitsu
17:00	Idan Ben Bassat Suspension training			
18:00	Mirit Natanzon Mat Pilates			
19:00	Melina Leovits Yoga			
20:00		20:45-01:00 Ofar Rajuan Dancing		

Pool opening hours				
Day	Olympic Pool	Instructional pool	Upper pool	Spa
Sunday	12:00-19:30	12:00-23:00	12:00-22:00	12:00-23:00
Monday	05:15-20:00	05:15-17:00 20:00-22:00	05:15-22:00	05:15-22:00
Tuesday	05:15-19:30	05:15-23:00	05:15-22:00	05:15-23:00
Wednesday	05:15-20:00	05:15-17:00 20:00-22:00	05:15-22:00	05:15-22:00
Thursday	05:15-19:30	05:15-23:00	05:15-22:00	05:15-23:00
Friday	05:15-19:00	05:15-19:00	05:15-19:00	05:15-19:00
Saturday	06:45-19:00	06:45-19:00	06:45-19:00	06:45-19:00

Gym opening hours		
Sunday - Thursday: 05:30-24:00	Friday: 05:30-20:00	Saturday: 06:45-20:00

Pilates Apparatus Studio

Intimate studio classes
Rehabilitation Pilates
074-7100222
pilatesportcenter@gmail.com

For updates follow 'Sport Center TAU' at [f](#)

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New Class High Pulse Shaping & Toning Body & Soul Health Exercises Dance & Motion Children Classes A.S.A TA Classes - additional fee