

# Studio classes schedule September - October 2018

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)	08:45-09:30 Eran Leshem / Dafna Guri Water gymnastics	Rina Brayer Yoga (Mechola 2)	Tali Gayer STRETCH & CORE (Mechola 1)
09:00	Maya Packman Mat Pilates (Advanced) additional fee		09:30-10:15 Eran Leshem / Dafna Guri 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 <sup>rd</sup> -4 <sup>th</sup> graders
17:00	Hagit Dvir Mat Pilates	Liya Shayek Body shape (Studio 7)	17:00-18:15 Crafting 3-8 years		Rhythmic gymnastics pre + kindergarten
18:00	Hagit Dvir Mat Pilates	Liya Shayek HIIT			17:45 Rhythmic gymnastics 1 <sup>st</sup> -2 <sup>nd</sup> graders
19:00	Ricky Amrani Kick boxing			Sassi Perets 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 <sup>nd</sup> graders	16:30 Judo 3 <sup>rd</sup> -6 <sup>th</sup> graders
17:00	Meytar David Body Shape / Fit ball	Sharon Cohen Belly Dances		17:30 Science 3 <sup>rd</sup> - 6 <sup>th</sup> graders	17:15 Judo 1 <sup>st</sup> -2 <sup>nd</sup> graders
18:00	Prina Matok Chi Kung	Yvonne Ben-Oz Core & Stretch		Meital Amos Spinning	18:05 Akasha Survival pre + Kindergarten
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 / Amphi	Studio 4	Studio 10 / Studio 7 / Spinning / Studio 6
06:00	06:15 Shoval / Shlomit 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 <sup>st</sup> -2 <sup>nd</sup> 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 <sup>st</sup> -6 <sup>th</sup> graders (Sports Hall)	Berlitz Kids - English 3 <sup>rd</sup> -4 <sup>th</sup> graders	Capoeira pre + kindergarten (Studio 10) Yossi Kedem Kick Boxing (Studio 7)
18:00	Yossi Kedem PUMP	Tali Gayer STRETCH & CORE	18:00-19:15 Melina Leovits Sunset Yoga (Amphi)	17:45 Berlitz Kids - English pre + kindergarten	Liya Shayek Spinning
19:00	Tali Gayer Mat Pilates	Liya Shayek Body Power	19:30-21:00 Open activity at the Sports Hall		19:30 DR. Amnon Cechovoy Aikido Empty hand (Studio 10)
20:00	Liya Shayek Body Shape	Melina Leovits Power Yoga			DR. Amnon Cechovoy Aikido weapons + IAI (Studio 10)
21:00	Ronit Biger Yoga Flow	Tzelila Chrizman Feldenkrais			

Wednesday				
	Studio 9	Studio 8	Spinning	Studio 10 / Mechola
06:00	06:30 Yaron Hai Menashe Health Exercise			
07:00	07:30 Yaron Hai Menashe Health Exercise		Hagit Rosenberg Spinning	
09:00	Sarit Golander Body Shape			Melina Leovits Yoga (Mechola 2)
10:00	Prina Matok Chi Kung			10:00-11:30 Galia Penchovski Developmental guidance (Baby Feldenkrais)
15:00	Melina Leovits Yoga Vinyasa			
16:00	Akasha Survival 1 <sup>st</sup> -4 <sup>th</sup> graders			Rhythmic gymnastics 3 <sup>rd</sup> -4 <sup>th</sup> graders
17:00	Shirit Gabor Mat Pilates	Ligal Elbaz Body Shape	Yoga Kids 1 <sup>st</sup> -4 <sup>th</sup> 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 <sup>st</sup> -2 <sup>nd</sup> 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	Andrea Applebaum 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.

\*\*\*Berlitz Kids - English, Zumba Kids and Zumbini classes begins at October | Participation at Zumbini and English classes requires registration in advance at the reception desk



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

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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		Meytar David Stretching Exercise		
16:00		16:20 Zumbini Kids + Parents 1-4 years	16:30 Yoga kids & parents Kindergarten - 2 <sup>nd</sup> graders (Spinning studio)	16:30 Judo 3 <sup>rd</sup> -6 <sup>th</sup> graders
17:00		Tali Gayer Body Shape	17:15 Zumba Kids Kindergarten - 2 <sup>nd</sup> graders (spinning studio)	17:15 Judo pre + kindergarten
18:00	18:05 Yossi Kedem PUMP	Tali Gayer Stretching Exercise	Zumba Kids 3 <sup>rd</sup> - 6 <sup>th</sup> graders (spinning studio)	Judo 1 <sup>st</sup> -2 <sup>nd</sup> graders
19:00	19:05 Yossi Kedem Kick boxing	Tali Gayer Mat Pilates		18:45-20:15 Liad Eko Judo (Adults)
20:00	GAGA / People	20:00-02:00 Gadi Biton Israeli Dance (Sports Hall)		
21:00	21:05 Danny Fichman Tai Chi			21:30 DR. Amnon Cechovoy Aikido weapons + IAI

Saturday				
	Studio 9	Sports Hall	Spinning	Studio 10 / Mechola
08:00	Sarit Golander / Shoval Getzel Health Exercise			
09:00	Sarit Golander / Shoval Getzel Health Exercise	09:00-15:00 Ping Pong / Open activity at the Sports Hall		
10:00	Liora Nuriel PUMP		Meirav Klein / Sassi Perets Spinning	Sarit Golander / Shoval Getzel 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		Eran Leshem Spinning	
19:00	Melina Leovits Yoga			
20:00	20:45-01:00 Ofar Rajuan Dancing			

Friday					
	Studio 9	Studio 8	Instructional pool / Sports Hall	Spinning	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 Sarit Golander / Michal Maman Water gymnastics	Bar Hermoni / Hagit Rozenberg Spinning	
09:00	Anaselia De Silva Zumba	Nili Planet Feldenkrais	09:15-10:00 Sarit Golander / Michal Maman Water gymnastics		
10:00	10:05 Idit Gil Paula method				10:30 Nital Tzelniker Taiko Life
12:00	Liora Nuriel / Meytar David Body Shape		12:00-16:00 Ping Pong / Open activity at the Sports Hall		
13:00	Liora Nuriel Kick boxing				
14:00	Nili Planet Feldenkrais				
15:00	Yvonne Ben-Oz Step training (Advanced)				15:00-17:30 DR. Amnon Cechovoy Aikido weapons
16:00	Yvonne Ben-Oz Body shape Fit ball			Liya Shayek / Bar Hermoni Spinning	
17:00	17:15 Liya Shayek / Liora Nuriel HIIT				

## 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

## Kiddie Pool opening hours

Friday: 12:00-18:00 | Saturday: 09:00-18:00

## 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

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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