



Studio classes schedule 2018

Sunday					
	Studio 9	Studio 8 / Studio 7	Studio 4 / Upper pool	Studio 6 / Mechola 2 / Spinning	Studio 10 / Mechola 1
06:00	6:30 Sarit Goldner Health Exercise				
07:00	7:30 Sarit Goldner Health Exercise				Dr. Daniel Mishory Posture firmeza
08:00		Mat Pilates Beginners		Rina Brayer Yoga Mechola 2	Tali Gayer Fit Ball Mechola1
09:00	Maya Packman Mat Pilates		9:30-10:15 Shlomit Mandler Water gymnastics	Rina Brayer Power Yoga Mechola 2	Tali Gayer Body Shape Mechola1
10:00	Instructors only Mat Pilates	10:00 – 14:00 Bridge practice Studio 7	10:15-11:00 Shlomit Mandler Water gymnastics		
14:00					
16:00	Evelyn Ezra Yoga Vinyasa	Oren & the Guitar 16:10 - 1-3yrs 16:45 - 3-5yrs			Rhythmic gymnastics 3rd-4th graders
17:00	Hagit Dvir Mat Pilates	17:30 Liya Shayek Strengthening & body shaping	17:00-18:15 Crafting		Rhythmic gymnastics pre + kindergarten
18:00	Hagit Dvir Mat Pilates	18:30 Liya Shayek HIIT			17:45 Rhythmic gymnastics 1st-2nd graders
19:00	Mai Shefer Kick boxing	19:30 Limor Rosental Body Shape		Sassi Perets Spinning	
20:00	Sachar Berkovich PUMP	20:30 Yuval Baram Yoga vignana	Reaction Running Workout (Studio reception)	20:00-23:30 TAU Dance Company	
21:00	Danny Fichman Tai Chi*	21:45 Yuval Baram Yoga vignana			

Monday					
	Studio 9	Studio 8	Studio 6	Studio 4 / Spinning	Studio 10 / Mechola
06:00	6:30 Yaron Hai Manashe Health Exercise				
07:00		7:30 Yaron Hai Manashe Health Exercise		Sassi Perets Spinning	Dr. Amnon Cechovoy Aikido + (IAI)
08:00	Ruti Kaminer Mat Pilates				Lali Shemer Body & Mind* (mechola2)
09:00	Ruti Kaminer Mat Pilates				Lali Shemer Body & Mind* (mechola2)
10:00	Ruti Kaminer Mat Pilates				
11:00					
15:00	Yuval Baram Yoga Vinyasa				
16:00	Nili Planet Feldenkrais				16:30 Science Kindergarten – 3rd graders
17:00	Meitar David Body Shape-Fit Ball	Sharon Cohen Belly Dances			17:30 Science 4th – 6th graders
18:00	Pinna Matok Chi Kung*	Yvonne Ben-Oz Step training (Beginners)		Meital Amos Spinning	18:05 Orit Danon Sport Kids 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 Lied Eko Judo Adults
20:00	20:15 Ofra Bar Or Mat Pilates	20:30 - 21:30 Ballroom Dancing (Intermediate)	20:15 Yvonne Ben-Oz Body Shape		
21:00	21:15 Idan Ben Basat Suspension training	22:00 - 23:00 Ballroom Dancing (Advanced)			

Tuesday					
	Studio 9	Studio 8	Studio 7 / Spinning	Instructional pool/Sports Hall	Studio 10
06:00	6:15 Shoval Getzel Health Exercise				
07:00	Nili Palant Feldenkrais	7:30 Ortal Shushan Body Shape			
08:00		8:30 Ortal Shushan Mat Pilates		08:00-08:45 David Mordov Water gymnastics	
09:00	Rina Brayer Yoga			8:45-09:30 David Mordov Water gymnastics	
10:00	Lidia Agiv Nia Omega				
16:00	Nili Palant Feldenkrais		16:30-19:30 Bridge Studio 7		16:15 Capoeira 3rd-6th graders
17:00	Chen Tzichi PUMP	Nili Bar Bone Building Exercise		17:00 Ping Pong 1st-6th graders Sports Hall	17:00 Capoeira pre+ kindergarten
18:00	Chen Tzichi Kick boxing	Tali Gayer Body Shape	18:30 Meital Amos Spinning (50 minutes)		16:45 Capoeira 1st-2nd graders
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*
20:00	Liya Shayek Body Shape	Melina Leovits Power Yoga			
21:00	Ronit Biger Yoga Vinyasa	Tzelila Chrizman Feldenkrais			Dr. Amnon Cechovoy Aikido* + (IAI)

Wednesday					
	Studio 9	Studio 8	Studio 6	Spinning	Studio 10
06:00	6:30 Yaron Hai Manashe Health Exercise				
07:00	7:30 Yaron Hai Manashe Health Exercise			Hagit Rosenberg Spinning	
08:00					
09:00	Sarit Golender Health exercise				
10:00	Pinna Matok Chi Kung*				10:00 - 11:30 Galina Penchavsky Baby Feldenkrais
11:00	Instructors Only Mat Pilates				
15:00	Melina Leovits Yoga Vinyasa				
16:00	Akasha Survival 1st – 4th graders			16:45 Yoga Kids 1st-4th graders	Rhythmic gymnastics 3rd-4th graders
17:00	Shirit Gabor Mat Pilates			17:30 Yoga Kids pre+ kindergarten	Rhythmic gymnastics pre+ kindergarten
18:00	Shirit Gabor Mat Pilates	Ligal Elbaz Body Shape (dynamic)	18:15 Reaction Running Workout (Studio reception)		17:45 Rhythmic gymnastics 1st-2nd graders
19:00	Anaselia De Silva Zumba	Ligal Elbaz Step training (Advanced)		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 Shdeltski Mat Pilates		21:00-23:30 TAU Dance company		

* Not Included in the Multi pass

Members and guests Fee required

Members only Free of charge

Members for Free Guests – fee required

Spinning

For Kids

Thursday

	Studio 9	Studio 8	Studio 6 / Spinning / Instructional pool	Studio 10/ Mechola
07:00	06:45 – Evelyn Ezra Yoga Vinyasa			
08:00	Raz Amram Suspension training	Lali Shemer Body & Mind*		Mat Pilates (beginners) Mehola 1
09:00	Maya Packman Mat Pilates*	Lali Shemer Body & Mind*		
10:00		Meitar David Stretching Exercise		
16:00	Nili Palant Feldenkrais		Water polo 5th-6th graders	16:30 Judo 3rd-6th graders
17:00	Mechola*	Tali Gayer Body Shaping	Chen Tzichi Kick boxing	17:15 Judo pre + kindergarten
			Zumba Kids 17:30 kindergarten – 2nd graders 18:15 3rd-6th graders (Spinning studio)	
18:00	18:05 Chen Tzichi PUMP	Tali Gayer Stretching Exercise	18:00-20:00 Erez Alon Modern Dance	Judo 1st-2th graders
19:00	19:05 Maya Tamir Zumba	Tali Gayer Mat Pilates		18:45-20:15 Liad Eko Judo Adults
20:00		20:00-02:00 Gadi Biton Israeli Dancing		20:30 Dr. Amnon Cechovoy Aikido empty hand*
21:00	Danny Fichman Tai chi*			21:30 Dr. Amnon Cechovoy Aikido + (IAI)*

Friday

	Studio 9	Studio 8	Studio 6 / spinning	Instructional pool/Sports Hall	Studio 10
07:00	Sarit Golander Health Exercise	Nili Palant Feldenkrais			
08:00	Nili Bar Bone Building Exercise	Nili Palant Feldenkrais	Raz Amram Spinning (75 minutes)	8:30-9:15 Hila Zinger / Michal Maman Water gymnastics	
09:00	Ansalia De Silva ZUMBA	Nili Palant Feldenkrais		9:15 - 10:00 Hila Zinger / Michal Maman Water gymnastics	
10:00	10:30 Nitay Tzelniker Taiko Life				
12:00	Liora Nuriel / Meitar David Body Shaping			12:00-16:00 Ping Pong / Open activity at the Sports Hall	
13:00	Liora Nuriel Kick boxing				
14:00	Nili Palant Feldenkrais		14:30-18:00 TAU Dance company		
15:00	Yvonne Ben-Oz Step training (Advanced)				
16:00	Yvonne Ben-Oz Body Shape Fit Ball		Liya Shayek / Liora Nuriel Spinning		15:00-17:30 Dr. Amnon Cechovoy Aikido Wepons
17:00	17:15 Liya Shayek / Liora Nuriel HIIT		TAU Dance company		

Saturday

	Studio 9	Sports Hall	Spinning	Studio 10/ Mechola
08:00	Sarit / Shoval Health Exercise			
09:00	Sarit / Shoval Health Exercise	09:00-15:00 Ping Pong / Open activity at the Sports Hall		
10:00	Liora Nuriel PUMP		Taliya Sharon / Sassi Perets Spinning	Sarit / Shoval Body Shape / Fit Ball Mechola 1
11:00	Mike Varon Israeli Dance - Circles (Intermediate)*			
12:00	12:30 Mike Varon Israeli Dance - Circles (couple)*			
13:00	13:30 Mike Varon Folk Dancing* (circle)*			
14:00	14:30 - 16:00 Mike Varon Israeli Dance - Circles (couple)*			
15:00				
16:00				16:30 - 19:30 Haim Peer Jiu Jitsu
17:00	Idan Ben Bassat Suspension training			
18:00	Mirit Natanzon Mat Pilates		Eran Shtern Spinning	
19:00	Melina Leovits Yoga			
20:00	20:45-01:00 Ofar Rajuan Dancing			

Gym opening hours

Sunday – Thursday 5:30 – Midnight | Friday 5:30 – 20:00 | Saturday: 6:45 – 20:00

Pool opening hours

Day	Spa	Upper pool	Instructional pool	Olympic Pool
Sun	12:00-23:00	12:00-22:00	12:00-23:00	12:00-19:30
Mon	05:15-22:00	05:15-22:00	05:15-17:00 20:00-22:00	05:15-19:30
Tue	05:15-23:00	05:15-22:00	05:15-23:00	05:15-19:30
Wed	05:15-22:00	05:15-22:00	05:15-17:00 20:00-22:00	05:15-20:00
Thu	05:15-23:00	05:15-22:00	05:15-23:00	05:15-23:00
Fri	05:15-19:00	05:15-19:00	05:15-19:00	05:15-19:00
Sat	06:45-19:00	06:45-19:00	06:45-19:00	06:45-19:00

Pilates Apparatus Studio

Intimate studio classes
Rehabilitation Pilates



074-7100222

pilatesportcenter@gmail.com

* Not Included in the Multi pass

Members and guests Fee required

Members only Free of charge

Members for Free Guests – fee required

Spinning

For Kids