

Studio classes schedule

July - August 2018

Sunday					
	Studio 9	Studio 8 / Studio 7	Studio 4 / Upper pool	Mechola 2 / Spinning	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) Tali Gayer STRECH & CORE (Mechola 1)
08:00		Mat Pilates (Beginners)		Rina Brayer Yoga (Mechola 2)	07:45 Tali Gayer Body Shape (Mechola 1)
09:00		Maya Packman Mat Pilates (Advanced)	09:00-09:45 Eran Leshem Water gymnastics	Rina Brayer Power Yoga (Mechola 2)	
10:00		10:00 - 14:00 Bridge practice (studio 8 loby)	09:45-10:30 Eran Leshem Water gymnastics		
16:00	Evelyn Ezra Yoga Vinyasa	Oren & the Guitar 16:15 1-3 years 16:45 3-5 years			Rhythmic gymnastics 3 rd -4 th 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 st -2 nd 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	07:45 Lali Shemer Body & Mind			
09:00	08:55 Ruti Kaminer Mat Pilates	08:45 Lali Shemer Body & Mind			
10:00	09:45 Ruti Kaminer Mat Pilates	09:45 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 / Fit ball	Sharon Cohen Belly Dances		17:30 Science 3 rd - 6 th graders	17:15 Judo 1 st -2 nd graders
18:00	Pinna Matok Chi Kung	Yvonne Ben-Oz Step training (Beginners)		Meital Amos Spinning	18:05 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 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	Studio 7 / Spinning / Studio 6	Upper pool / Sports Hall / Amph	Studio 10 / Mechola 2
06:00	06:15 Shoval Getzel / 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		09:30 Lidia Agiv Nia Omega		08:45-09:30 David Mordov Water gymnastics	Rina Brayer Yoga (Mechola 2)
16:00	Nili Planet Feldenkrais		16:30-19:30 Michael Brifman Bridge (Studio 6) Additional fee		
17:00	Nili Bar Bone Building Exercise	Tali Gayer Body Shape	Gal Clements Kick boxing (Studio 7)	Ping Pong 1 st -6 th graders (Sports Hall)	Capoeira pre + kindergarten
18:00	Gal Clements PUMP	Tali Gayer STRECH & CORE	Liya Shayek Spinning	18:30-19:45 Melina Leovits Sunset Yoga (Amph)	17:45 Capoeira 1 st -2 nd 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 Flow	Tzelila Chrizman Feldenkrais			DR. Amnon Cechovoy Aikido weapons + IAI

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	
08:00		08:30 Sarit Golander Body Shape		
09:00		09:30 Pinna Matok Chi Kung		Melina Leovits Yoga (Mechola 2)
15:00	Melina Leovits Yoga Vinyasa			
16:00	Akasha Survival 1 st -4 th graders		16:45 Yoga Kids 1 st -4 th graders	Rhythmic gymnastics 3 rd -4 th 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 Dynamic body Shape		17:45 Rhythmic gymnastics 1 st -2 nd 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	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.

*There will be no children's classes during August.



■ 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	Studio 7 / Spinning	Studio 10 / Mechola
07:00	06:45 Evelyn Ezra Yoga Vinyasa	07:45 Lali Shemer Body & Mind		
08:00	07:45 Maya Packman Mat Pilates (Advanced)	08:45 Lali Shemer Body & Mind		Mat Pilates Beginners (Mechola 1)
09:00		09:45 Meytar David / Orit Danon Stretching Exercise		09:00 - 10:30 Galina Penchovski Developmental guidance (Baby Feldenkrais) (Mechola 1)
10:00				
16:00	Nili Planet Feldenkrais		16:45 Yoga kids & parents Kindergarten - 2 nd graders (Spinning studio)	16:30 Judo 3 rd -6 th graders
17:00		Tali Gayer Body Shape		17:15 Judo pre + kindergarten
18:00	18:05 Yossi Kedem PUMP	Tali Gayer Stretching Exercise		Judo 1 st -2 nd 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)	20:30 DR. Amnon Cechovoy Aikido Empty hand
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 Hila Zinger / Michal Maman Water gymnastics	Raz Amram Spinning (75 minutes)	
09:00	Anaselia De Silva Zumba	Nili Planet Feldenkrais	09:15-10:00 Hila Zinger / Michal Maman Water gymnastics		
10:00	10:05 Idit Gil Paula method (mechola 1)				10:30 Nitai Tzelniker Talko 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	06:00-19:30 21:00-23:00	18:45-23:00	12:00-22:00	12:00-23:00
Monday	05:15-20:00	05:15-08:00 20:00-22:00	05:15-22:00	05:15-22:00
Tuesday	05:15-23:00	05:15-08:00 18:00-23:00	05:15-22:00	05:15-23:00
Wednesday	05:15-20:00	05:15-08:00 20:00-22:00	05:15-22:00	05:15-22:00
Thursday	05:15-23:00	05:15-08:00 20:00-23:00	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	06:45-21:00	06:45-19:00	06:45-19:00	06:45-19:00

Kiddie Pool opening hours

Sunday: 12:00-19:00 | Monday - Saturday: 09:00-19:00

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 'Elite Sports Center' at 

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