

# Studio classes schedule 2017

| Sunday      |  |   |   |   | Monday      |  |   |  |   |
|-------------|--|---|---|---|-------------|--|---|--|---|
|             | Studio 9                                       | Studio 8  | Studio 6                                | Studio 10/<br>Mechola   |             | Studio 9   | Studio 8  | Studio 6   | Studio 10/<br>Mechola                               |
| 06:00-07:00 | 6:30 Sarit Goldner<br><b>Health Exercise</b>   |   |   |   | 06:00-07:00 | 6:30 Yaron Hai Manashe<br><b>Health Exercise</b>   |   |  |   |
| 07:00-08:00 | 7:30 Sarit Goldner<br><b>Health Exercise</b>   |   |   | Dr. Daniel Mishory<br><b>Posture firmeza</b>  | 07:00-08:00 |  | 7:30 Yaron Hai Manashe<br><b>Health Exercise</b>                |  | Dr. Amnon Cechovoy<br><b>Aikido + (IAI)</b>         |
| 08:00-09:00 |  | <b>Mat Pilates Beginners</b>                        |   | Tali Gayer<br><b>Fitball</b><br>Mechola1  | 08:00-09:00 | Ruti Kaminer<br><b>Mat Pilates</b>                 |   |  | Lali Shemer<br><b>Body &amp; mind*</b><br>(mehola2) |
| 09:00-10:00 | Maya Packman<br><b>Mat Pilates</b>             |   |   | Tali Gayer<br><b>body shape</b><br>Mechola1<br>Rina Brayer<br><b>Yoga</b><br>Mechola2 | 09:00-10:00 | Ruti Kaminer<br><b>Mat Pilates</b>                 |   |  | Lali Shemer<br><b>Body &amp; mind*</b><br>(mehola2) |
| 10:00-11:00 | Instructors only<br><b>Mat Pilates</b>         |   |   |   | 10:00-11:00 | Ruti Kaminer<br><b>Mat Pilates</b>                 |   |  |   |
| 11:00-12:00 |  |   |   |   | 11:00-12:00 |  |   |  |   |
| 12:00-13:00 |  |   |   |   | 15:00-16:00 | Yuval Baram<br><b>Yoga Vinyasa</b>                 |   |  |   |
| 16:00-17:00 | Evelyn Ezra<br><b>Yoga Vinyasa</b>             | 16:30 Liya Shayek<br><b>body shape &amp; toning</b> |   | 16:30 - 17:15<br><b>Judo*</b><br>3rd-6th class  | 16:00-17:00 | Nili Planet<br><b>Feldenkrais</b>                  | 16:30 Orit Danon<br><b>Sport Kids</b><br>1st-2nd Grade          |  | <b>Rythmic Gymnastics*</b><br>3rd-4th Grade         |
| 17:00-18:00 | Hagit Dvir<br><b>Mat Pilates</b>               | 17:30 Liya Shayek<br><b>HIIT</b>                    |   | 17:15 - 18:00<br><b>Judo*</b><br>pre+kindergarden                                     | 17:00-18:00 | Sachar Berkovich<br><b>Body Shape-fitball</b>      | 17:15 Orit Danon<br><b>Sport Kids</b><br>3rd-6th Grade          |  | <b>Rythmic Gymnastics*</b><br>pre + kindergarden    |
| 18:00-19:00 | Hagit Dvir<br><b>Mat Pilates</b>               |   |   | 18:00 - 18:45<br><b>Judo*</b><br>1st-2nd class  | 18:00-19:00 | Pnina Matok<br><b>Chi Kung</b>                     | Ivon Ben-Oz<br><b>Step training</b>                             |  | <b>Rythmic Gymnastics*</b><br>1st-2nd Grade         |
| 19:00-20:00 | Mai Shefer<br><b>Kick boxing</b>               | 19:30 Limor Rosental<br><b>Body Shape</b>           |   |   | 19:00-20:00 | 19:15 Anaselia De Silva<br><b>Zumba</b>            | 19:30 - 20:30<br><b>Ballroom Dancing</b><br><b>Beginners</b>    | 19:10 Ivon Ben-oz<br><b>Step training</b><br><b>Intermediate</b> | 18:45-20:30<br>Liad Eko<br><b>Judo*</b><br>Adults   |
| 20:00-21:00 | Mechola<br><b>Classical Ballet</b><br>(Adults) | 20:30 Yuval Baram<br><b>Yoga vignana</b>            | 20:00-23:30<br><b>TAU dance Company</b> |   | 20:00-21:00 | 20:15 Ortal shushan<br><b>Mat Pilatis</b>          | 20:30 - 21:30<br><b>Ballroom Dancing</b><br><b>Intermediate</b> | 20:15 Ivon Ben-oz<br><b>Body Shape</b>                           |   |
| 21:00-22:00 | Danny Fichman<br><b>Tai Chi*</b>               | 21:45 Yuval Baram<br><b>Yoga vignana</b>            |   |   | 21:00-22:00 | 21:15 Idan Ben Basat<br><b>Suspension training</b> | 22:00 - 23:00<br><b>Ballroom Dancing</b><br><b>Advanced</b>     | 21:15 Ortal shushan<br><b>Mat Pilates</b>                        |   |

Arts and crafts for kids 16:45-18:00 studio 4

Bridge practise 10:00-14:00 Hall 7

App programing class hall 4 16:30-19:30

| Tuesday     |   |   |                            |   |
|-------------|---|---|----------------------------|---|
|             | Studio 9                                      | Studio 8                                  | Studio 6                   | Studio 10/<br>Mechola   |
| 06:00-07:00 | 6:15 Soval Getzel<br><b>Health Exercise</b>   |   |                            |   |
| 07:00-08:00 | Nili Palant<br><b>Feldenkrais</b>             | 7:30 Ortal Shushan<br><b>Body Shaping</b> |                            |   |
| 08:00-09:00 | 08:30 Raz Amram<br><b>Suspension training</b> | 8:30 Ortal Shushan<br><b>Mat Pilatis</b>  |                            |   |
| 09:00-10:00 | 9:40 Lidia Agiv<br><b>Nia Omega</b>           |   |                            | Rina Brayer<br><b>Yoga</b><br>Mechola1                          |
| 11:00-12:00 |   |   |                            |   |
| 16:00-17:00 | Nili Palant<br><b>Feldenkrais</b>             |   |                            |   |
| 17:00-18:00 | Nili Bar<br><b>Bone building exercise</b>     | Tali Gayer<br><b>Body shaping</b>         | Chen Tzichi<br><b>Pump</b> |   |
| 18:00-19:00 | Chen Tzichi<br><b>Kickboxing</b>              | Tali Gayer<br><b>Mat Pilatis</b>          |                            |   |
| 19:00-20:00 | Liya Shayek<br><b>Body Power</b>              | Rina Brayer<br><b>Power Yoga</b>          |                            | 19:30 Dr. Amnon Cechovoy<br><b>Aikido</b><br><b>Empty Hand*</b> |
| 20:00-21:00 | Liya Shayek<br><b>Body shaping</b>            | Nava Aharoni<br><b>Ethnic Dance*</b>      |                            |   |
| 21:00-22:00 | Ronit Biger<br><b>Yoga Vinyasa</b>            | Tzelila Chrizman<br><b>Feldenkrais</b>    |                            | Dr. Amnon Cechovoy<br><b>Aikido* + (IAI)</b>                    |

water aerobics 8:45-9:30+8:00-8:45 Indoor Pool Gal teperberg/David Mordov

Bridge practise 16:30-19:30 Hall 7

| Wednesday   |  |   |   |  |
|-------------|--|---|---|--|
|             | Studio 9   | Studio 8  | Studio 6                                | Studio 10/<br>Mechola  |
| 06:00-07:00 | 6:30 Yaron Hai Manashe<br><b>Health Exercise</b> |   |   |  |
| 07:00-08:00 | 7:30 Yaron Hai Manashe<br><b>Health Exercise</b> |   |   |  |
| 08:00-09:00 |  |   |   |  |
| 09:00-10:00 | Sarit Golender<br><b>Health exercise</b>         |   |   |  |
| 10:00-11:00 | Pnina Matok<br><b>Chi Kong*</b>                  |   |   | 10:00 - 11:30<br>Galina Panchavsky<br><b>Baby Feldenkrais</b>          |
| 11:00-12:00 | Instructors Only<br><b>Pilates Mat*</b>          |   |   |  |
| 15:00-16:00 | Michal Ezra<br><b>Vinyasa Yoga</b>               |   |   |  |
| 16:00-17:00 |  | 16:30 Orit Danon<br><b>Sport Kids</b><br>1st -2nd Grade |   | 16:30 - 17:15<br><b>Judo*</b><br>3rd - 6th Grade                       |
| 17:00-18:00 | Meital Prado<br><b>Mat Pilates</b>               | 17:15 Orit Danon<br><b>Sport Kids</b><br>3rd -6th Grade |   | 17:15 - 18:00<br><b>Judo*</b><br>1st - 2nd Grade                       |
| 18:00-19:00 | Meital Prado<br><b>Mat Pilates</b>               | Ligal Elbaz<br><b>Shaping (dynamic)</b>                 |   | 18:00 - 18:45<br>Orit Danon<br><b>Sport Kids</b><br>Pre + Kindergarden |
| 19:00-20:00 | Anaselia De Silva<br><b>Zumba</b>                | Ligal Elbaz<br><b>step (advanced)</b>                   |   |  |
| 20:00-21:00 | Idan Ben Bassat<br><b>Suspension training</b>    | Dana Rosenbloom<br><b>Shaping</b>                       |   | 20:35 Haim Peer<br><b>Jiu Jitsu</b>                                    |
| 21:00-22:00 | Andrea Appelbaum<br><b>Mat Pilates</b>           |   | 21:00-23:30<br><b>TAU Dance company</b> | 21:00 - 23:30<br>Haim Peer<br><b>Jiu Jitsu*</b>                        |

\* Not Included in the Multi pass

| Thursday    |   |  |                                  |  |
|-------------|---|--|----------------------------------|--|
|             | Studio 9                                    | Studio 8   | Studio 6                         | Studio 10/<br>Mechola  |
| 07:00-08:00 | 06:45 – Evelyn Ezra<br><b>Vinyasa Yoga</b>  |  |                                  |  |
| 08:00-09:00 | Raz Amram<br><b>Suspension training</b>     | Lali Shemer<br><b>Body &amp; Mind*</b>           |                                  | <b>Mat Pilatis</b><br>(beginners)<br>Mehola 1                |
| 09:00-10:00 | Maya Packman<br><b>Mat Pilates*</b>         | Lali Shemer<br><b>Body &amp; Mind*</b>           |                                  |  |
| 10:00-11:00 |   | Orit Danon<br><b>stretching exercise</b>         |                                  | 10:00-10:45<br>Liron Bitan<br><b>Exercise with your Baby</b> |
| 11:00-12:00 |   |  |                                  |  |
| 16:00-17:00 | Nili Palant<br><b>Feldenkrais</b>           |  |                                  | <b>Rythmic Gymnastics</b><br>3rd-4th Grade                   |
| 17:00-18:00 | <b>Mechola*</b>                             |  | Chen Tzichi<br><b>Pump</b>       | <b>Rythmic Gymnastics</b><br>pré + kindergarden              |
| 18:00-19:00 | Chen Tzichi<br><b>Kickboxing</b>            | Tali Gayer<br><b>stretching exercise</b>         | Erez Alon<br><b>modern dance</b> | 17:45<br><b>Rythmic Gymnastics</b><br>1st-2nd class          |
| 19:00-20:00 | Mia Tamir<br><b>Zumba</b>                   | Tali Gayer<br><b>Mat Pilatis</b>                 |                                  | 18:45 – 20:30<br>Liad Eko<br><b>Judo</b><br>Adults           |
| 20:00-21:00 | Sarit Goldner<br><b>Suspension training</b> | 20:00-02:00<br><b>Gadi Biton Israeli Dancing</b> |                                  | 20:30 - Dr. Amnon Cechovoy<br><b>Aikido empty hand</b>       |
| 21:00-22:00 | Danny Fichman<br><b>Tai chi*</b>            |  |                                  | 21:30 - Dr. Amnon Cechovoy<br><b>Aikido + (IAI)</b>          |

| Friday      |   |                                       |   |  |
|-------------|---|---------------------------------------|---|--|
|             | Studio 9  | Studio 8                              | Studio 6                                | Studio 10/<br>Mechola                              |
| 07:00-08:00 | Sarit Golander<br><b>Health Exercise</b>        | Nili Palant<br><b>Feldenkrais</b>     |   |  |
| 08:00-09:00 | Nili Bar<br><b>building exercise</b>            | Nili Palant<br><b>Feldenkrais</b>     |   |  |
| 09:00-10:00 | Ansalia De SILVA<br><b>ZUMBA</b>                | Nili Palant<br><b>Feldenkrais</b>     |   |  |
| 10:00-11:00 | 10:30<br>Nitay Tzelniker<br><b>Taiko Life</b>   |                                       |   |  |
| 11:00-12:00 |   |                                       |   |  |
| 12:00-13:00 | Chen Tzichi<br><b>Body Shaping</b>              |                                       |   |  |
| 13:00-14:00 | Chen Tzichi<br><b>HIIT Suspension training</b>  |                                       |   |  |
| 14:00-15:00 | 14:30 Nili Palant<br><b>Feldenkris</b>          |                                       | 14:30-18:00<br><b>TAU Dance company</b> | 14:00-16:00<br>Erez Alon<br><b>Classic Ballet*</b> |
| 15:00-16:00 |   |                                       |   |  |
| 16:00-17:00 | 16:15 Liya Shayek<br><b>Suspension training</b> |                                       |   | 16:15 Dr. Amnon Cechovoy<br><b>Aikido Wepons</b>   |
| 17:00-18:00 | 17:15 Lia Shaiik<br><b>HIIT</b>                 | Ivon Ben-Oz<br><b>Step (advanced)</b> |   |  |
| 18:00-19:00 |   | 18:10 Ivon Ben-Oz<br><b>Shaping</b>   |   |  |

water aerobics 9:15-10:00+8:30-9:15 Indoor Pool Eran Leshem/Hilla Zinger

| Saturday    |   |          |                           |  |
|-------------|---|----------|---------------------------|--|
|             | Studio 9  | Studio 8 | Studio 6                  | Studio 10/<br>Mechola                          |
| 08:00-09:00 | Sarit / Orly<br><b>Health Exercise</b>                      |          |                           |  |
| 09:00-10:00 | Sarit / Orly<br><b>Health Exercise</b>                      |          | Ira/ Liora<br><b>Pump</b> |  |
| 10:00-11:00 | sarit/orly<br><b>Shaping/Fitball</b>                        |          |                           |  |
| 11:00-12:00 | Mike Varon<br><b>Falk Dancing (Intermediate)</b>            |          |                           |  |
| 12:00-13:00 | 12:30 Mike Varon<br><b>Folk Dancing (couple)</b>            |          |                           |  |
| 13:00-14:00 | 13:30 Mike Varon<br><b>Falk Dancing (circle)</b>            |          |                           |  |
| 14:00-15:00 | 14:30 - 16:00<br>Mike Varon<br><b>Falk Dancing (couple)</b> |          |                           |  |
| 15:00-16:00 |   |          |                           |  |
| 16:00-17:00 |   |          |                           | 16:30 - 19:30<br>Haim Pear<br><b>Jiu Jitsu</b> |
| 17:00-18:00 | Idan Ben Bassat<br><b>Suspension training</b>               |          |                           |  |
| 18:00-19:00 | Shirit Gabor<br><b>Mat Pilatis</b>                          |          |                           |  |
| 19:00-20:00 | <b>Yoga</b>   |          |                           |  |
| 20:00-21:00 |   |          |                           |  |

Dancing with Ofer Rajuan 20:45 - 01:00 Basketball court

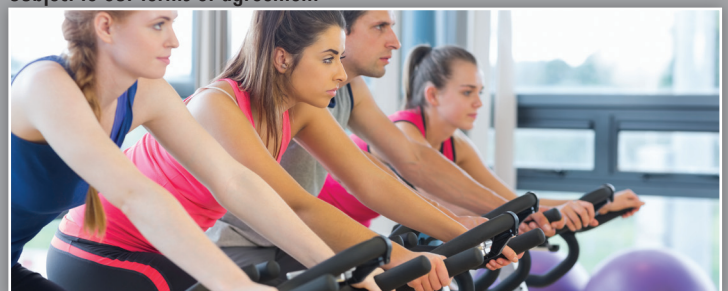
\* Not Included in the Multi pass

| Spinning                   |   |                             |                                |  |                                       |  |
|----------------------------|---|-----------------------------|--------------------------------|--|---------------------------------------|--|
| Sunday                     | Monday  | Tuesday                     | Wednesday                      | Thursday                               | Friday                                | Saturday                                       |
|                            | <b>7:00</b><br>Hani Poter<br>(90 Min)+<br>Running |                             | <b>7:00</b><br>Hani Poter      |  | <b>8:00</b><br>Hani Poter<br>(75 Min) | <b>10:00</b><br>Sassi Perets\<br>Taliya Sharon |
|                            | <b>18:00</b><br>Hani Poter                        |                             |                                | <b>18:30</b><br>Hani Poter<br>(90 Min) | <b>16:50</b><br>Eran Shtern           | <b>18:00</b><br>Hani Poter                     |
| <b>19:00</b><br>Hani Poter | <b>19:10</b><br>Hani Poter                        | <b>19:00</b><br>Merav Klain | <b>19:00</b><br>Shlomi Shafir* |  |                                       |  |

Included in membership, guests pass available for purchase  
Additional fee of 350nis per year for students and staff of Tel Aviv university

\* Beginner and advanced classes  
Info:074-7100250

Subject to our terms of agreement



  Members and guests Fee required

  Members only Free of charge

  Members for Free Guests – fee required