

Studio classes schedule

January - April 2020

Sunday					
	Studio 9	Studio 8	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		Rina Brayer Yoga	08:00-08:45 Judith Ben-Hur Water Exercise	Mat Pilates (Beginners) (Mechola 2)	Tali Gayer Core & Stretch
09:00	Maya Packman Mat Pilates (Advanced) additional fee	Rina Brayer Power Yoga	08:45-09:30 Judith Ben-Hur Water Exercise		Tali Gayer BODY SHAPE
10:00				10:00 - 14:00 Bridge practice (lobby studio 6)	
16:00	Evelyn Ezra Yoga Seniors	16:15 Musical Movement 3-5 years			Rhythmic gymnastics 3 rd -4 th graders
17:00	Hagit Dvir Mat Pilates	Doron Solomon Body shape	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	Eli Mandelberg Tai Chi		Nofar Honi Spinning	
20:00	Ricky Amrani PUMP	Yuval Baram Yoga Vignana			
21:00		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			Michal Alon Developmental Yoga for Infants
15:00	Roni Barzak Yoga Vinyasa				
16:00	Nili Planet Feldenkrais			16:30 Science kindergarten - 2 nd graders	16:30 Judo 3 rd -6 th graders
17:00	Dana R. / Doron S. Body Shape	Sharon Cohen Belly Dance		17:30 Science kindergarten 3 rd - 6 th graders	17:15 Judo pre + kindergarten
18:00	Yvonne Ben-Oz Core & Stretch	Priina Matok Chi Kung		Hagit Rosenberg Spinning	Judo 1 st -2 nd graders
19:00	19:15 Annasella De Silva Zumba	19:30-20:30 Ballroom Dancing (Beginners)	19:10 Yvonne Ben-Oz Step Training (Intermediate)	19:10 Hagit Rosenberg 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	Sports hall	studio 4 / instructional pool	Studio 10 / Studio 7 / Spinning / Studio 6
06:00	06:15 Shlomit Mandler Health Exercise				
07:00	Nili Planet Feldenkrais	07:30 Tali G / Meitar D Body Shape			
08:00		08:30 Tali G / Meitar D Mat Pilates/Core		08:00-08:45 David Mordov Water Exercise	
09:00	08:45 Rina Brayer Yoga			08:45-09:30 David Mordov Water Exercise	
10:00	10:05 Lidia Agiv Nia Omega				
15:00	Yuval Baram Yoga Vinyasa				
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	Noa Kolker Throwball	Experiential English class 1 st -2 nd graders	Capoeira pre + kindergarten Yossi Kedem Kick Boxing (Studio 7)
18:00	Yossi Kedem PUMP	Tali Gayer STRETCH & CORE		17:45 Experiential English class pre + kindergarten	17:45 Capoeira 1 st -2 nd graders
19:00	19:00 Amit Eini Body Power	Tali Gayer Mat Pilates	19:30-21:00 Open activity at the Sports Hall		Bar Hermoni Spinning
20:00	Amit Eini HIIT / Suspension training	Melina Leovits Power Yoga			19:30 DR. Amnon Cechovoy Aikido Empty hand DR. Amnon Cechovoy Aikido weapons + IAI
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 Exercise (Instructional Pool)		
09:00	Sarit Golander Body Shape	08:40 Melina Leovits Yoga	08:45-09:30 Eran Leshem Water Exercise (Upper Pool)		
10:00	Priina Matok Chi Kung				10:00-11:30 Galia Pinchowski Developmental Training for infants (Feldenkrais)
16:00	Tzelila Chrizman Feldenkrais	Akasha Kung Fu 1 st -4 th graders			Rhythmic gymnastics 3 rd -4 th graders
17:00	Shirit Gabor Mat Pilates	Yvonne Ben-Oz Body Shape	Akasha Kung Fu Pre + Kindergarten (studio 6)	Yoga Kids 1 st -4 th graders	Rhythmic gymnastics pre + kindergarten
18:00	Shirit Gabor Mat Pilates	Bar Hermoni HIIT		17:45 Yoga Kids pre + kindergarten	17:45 Rhythmic gymnastics 1 st -2 nd graders
19:00	Annasella 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					

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

The music volume, the studio temperature and any professional decision related to the class will be determined by the teacher only. Participating in two classes in a row is on available places basis

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



Studio classes *schedule*

Janury - April 2020

Thursday					
	Studio 9	Studio 8	Studio 7	Sports hall / Spinning /	Studio 10
07:00	06:45 Evelyn Ezra Yoga Seniors				
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	16:15 TOMny (movement & sound) 2-4 years			16:30 Judo 3 rd -6 th graders
17:00		Tali Gayer Body Shape	17:15 Zumba Kids Kindergarten - 2 nd graders	17:15 Mindfulness pre - 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

Friday					
	Studio 9	Studio 8	Instructional pool / Sports Hall	Spinning / Mechola 2	Studio 10
07:00	Sarit Golder Health Exercise	Nili Planet Feldenkrais			
08:00	Nili Bar Bone Building Exercise	Nili Planet Feldenkrais	08:30-09:15 Yehudit Ben hur / Michal Maman Water Exercise	Bar Hermoni / Meirav Klein Spinning	
09:00	Anaselia De Silva Zumba	Nili Planet Feldenkrais	09:15-10:00 Yehudit Ben hur / Michal Maman Water Exercise		
10:00	10:05 Idit Gil Paula method				
11:00	Moran E. / Roni B. Yoga				
12:00	Assaf Shamberg Tai Chi				
13:00	Dorin Sidman Mat Pilates		12:00-16:00 Ping Pong / Open activity at the Sports Hall		
14:00	Nili Planet Feldenkrais				
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 Fit ball shape			Sassi Perets / Bar Hermoni Spinning	
17:00	Bar Hermoni / Doron Slomon HIIT				

Saturday					
	Studio 9	Sports Hall	Spinning	Mechola 1	Studio 10
08:00	Sarit G / Shoval G Health Exercise				
09:00	Sarit G / Shoval G Health Exercise				
10:00	Meitar D. / Roi I. PUMP		Nofar Honi / Sassi Perets Spinning	Sarit G / Shoval G Body Shape	Akro Yoga kids & Parents Pre school- 2nd grade
11:00	Mike Varon Israeli Dance - Circles (intermediate)	09:00-15:00 Ping Pong / Open activity at the Sports Hall			
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	Mor Atar Mat Pilates				
19:00	Melina Leovits Yoga				
20:00		20:45-01:00 Ofer 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
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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

