

Mati gym club Hadar Mall | 02-6712121 | Website studiomati.co.il | FROM - 04/12/2017

Tuesday					Monday					Sunday				
Express	Spinning	GOLD	Silver	Purple	Express	Spinning	GOLD	Silver	Purple	Express	Spinning	GOLD	Silver	Purple
FIRST FLOOR	SECOND FLOOR	SECOND FLOOR	SECOND FLOOR	FIRST FLOOR	FIRST FLOOR	FIRST FLOOR	SECOND FLOOR	SECOND FLOOR	FIRST FLOOR	FIRST FLOOR	SECOND FLOOR	SECOND FLOOR	SECOND FLOOR	FIRST FLOOR
	07:45 Adi regev 							07:45 Bone building Nurit**					07:50 Pilates core Nurit***	07:30 Stretch&strengthen Ofra**
			08:10 Pilates Keren Huli**		08:30 Daniel M	08:15 Pilates Sheri **		08:40 Body sculpt Yaara***			08:15 Pilates Anat**	08:45 Dynamic sculpt Nurit****	08:30 Body sculpt Keren Huli****	
		08:45 Body sculpt Nurit***	09:05 Zumba Keren Huli***				09:35 Zumba Miriam Maor ***	09:35 Pilates Yaara ** M		09:00 Tamar M	09:30 Zumba ira***	09:40 Trampoline + Abs Nurit***		
		09:40 HIT Nurit***	10:00 Stretch&strengthen Keren Huli**	09:45 pilates Lili ben ami**		10:05 Yoga Naomi **	10:30 Body sculpt Miriam Maor ***			change!	11:00 Moderate pilates Efrat**	10:35 Stretch&strengthen Martin**		
		11:00 Body sculpt Efrat***	change!			Length of class hour&10 min		10:45 Moderate pilates - Tali**						
						16:30 Yoga Naomi **								14:50 Body sculpt Nurit***
						Length of class hour&10 min		17:30 St+Abs Sapir ***		Length of class hour&10 min	please pay attention to the !!changes			
	change!	17:00 Body sculpt Hen Bechor***		17:25 ST + Abs Sharon *** M			17:40 Zumba ira***					17:30 Pilates Lili Ben Ami***	17:00 Pilates Nofar**	
18:00 Tal Dayan M	18:25 Pilates Chen **	18:30 Trampoline + Abs Yael***	18:20 Zumba+strong David*** M		18:30 Free weight Tamar	18:25 Body sculpt Sapir Yanushi***	18:35 Interval + Body sculpt Lara ***			18:45 Tal Dayan M	18:25 Yoga Alexandra*** M	18:25 Dynamic sculpt Chen ***	18:00 Pilates Yael B.**	
	19:20 Pilates Lili Ben Ami**	19:20 Kickbox Adi Regev****	19:15 ST + Abs Nurit*** M		19:30 Tomer M	19:20 HIT Sapir Y****		18:55 Pilates Sheri **		19:30 Express Chen	19:45 Yonathan M	19:35 Body sculpt Hanit***	19:20 Zumba Sivan***	18:55 ST+ sculpt yael B. ****
20:00 Daniel M	change!	20:15 Zumba Dima*** M	20:10 Power sculpt Nurit***				20:15 kickboxing Nurit*** M	19:50 Yoga Sasha ** M				20:35 Body sculpt Hanit***	20:15 Trampoline Power Yossi M ****	20:05 Pilates M Anat**
			21:05 Pilates M Nurit ***					21:10 ST M Nurit***	change!	Length of class hour&10 min				21:00 Pilates Anat**

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Friday					Thursday					Wednesday									
Express	Spinning	GOLD	Silver	Purple	Express	Spinning	GOLD	Silver	Purple	Express	Spinning	GOLD	Silver	Purple					
FIRST FLOOR	FIRST FLOOR	SECOND FLOOR	SECOND FLOOR	FIRST FLOOR	FIRST FLOOR	FIRST FLOOR	SECOND FLOOR	SECOND FLOOR	FIRST FLOOR	FIRST FLOOR	FIRST FLOOR	SECOND FLOOR	SECOND FLOOR	FIRST FLOOR					
	07:30 Tomer M		07:45 Pilates Dikla**									new!! ↓	change! ↓	07:25 Pilates Hila**					
8:30 Express Bareket /Hila	08:25 Tomer M	Stretch&strengthen Lili Ben Ami***	08:40 Rythmics Dikla***				08:15 Pilates Keren Huli**	08:00 Interval + Body sculpt Lara ***	08:00 Sculpture + ST Nurit***		08:30 Daniel M	08:00 Body sculpt Nurit***	08:30 Pilates Efrat**	08:20 Feldenkrais Hila*					
	09:30 Tamar M		09:40 Dynamic sculpture Nurit***	09:45 pilates&strengthen Dikla*** M		new!! ↓	09:10 Zumba + Abs Keren Huli***	09:10 Zumba + Abs Keren Huli***	09:00 Dynamic sculpture +ST Nurit****			09:35 Body sculpt Miriam Maor***	09:30 Trampoline + sculpt Efrat***	change!					
	10:30 Tamar Free weight	10:30 Yoga Sasha ** M	10:35 Trampoline + HIT Nurit****			09:35 Body sculpt Sapir Y. **	10:05 Yoga Naomi**					10:30 Zumba Miriam Maor ***		change!					
				11:40 Pilates Nurit *** M				Length of class hour&10 min		11:15 Pilates Tali**			11:00 Body sculpt Efrat***	change!					
				12:35 Zumba Orly***	change!									14:00 Pilates Tali**					
<p>ST = Suspension Training M = Mixed Class</p> <p>Pilates with Machines is with extra payment You must sign up for all classes!!! Class registration via internet or telephone Pilates with Machines is with extra payment You must sign up for all classes!! Class registration via internet or telephone. During the evning there are both mixed and woman only classes This schedule is subject to change Classes are 50 or 55 minutes long Yoga is 70 minutes Class level is marked by stars (*) Easy * - Medium ** - Hard *** - Expert ****</p>																			
										17:30 Teenager only Tamar									change! ↓
										18:30 Tamar	18:05 Kickbox+Abs Yonathan**** M	18:05 Stretch&strengthen Ofra**				18:00 Tal Dayan M	18:05 Pilates ofra**	18:05 Zumba ira***	18:15 ST+sculpt Hanit***
										20:00 Daniel M		19:00 Zumba David*** M		19:00 Dynamic sculpture +ST Nurit**** M		19:00 Yonathan M	19:30 Dynamic sculpt Hen Bechor***	19:15 Pilates Nofar**	19:10 Zumba Sapir***
						20:00 Pilates core Nurit***						20:25 Body sculpt Hen Bechor***	20:10 Trampoline Power Yossi M***						