

Sports Classes

<u>Hour</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
7:30-8:15	Aerobics, With Esti	Health Exercise, With Esti		Strengthening core muscles and balance, Yossi	Aerobics, with Vivivane	
7:45-8:30			Bone Building Exercise, With Yael			
8:30-9:15	Aerobics, With Esti	Health Exercise, With Esti		Heat in Motion with Yossi Zecharia	Aerobics, with Vivivane	
8:30-9:30						Thi Chi with - Victororia
8:45-9:30			Femin Dance, with Yael Yonah			
9:30-10:00	Chair Exercise, with Esti					
9:30-10:15		Mattress Exercise with Ofrit		Chair Exercise, Advanced class with Esti	Chair Exercise, with Esti	
10:00-10:45			Feldenkrais with Sandy			
10:05-10:35	Chair Exercise, with Viviane					
10:30-11:15		Chair Exercise, with Esti		Chair Exercise, Beginners class with Esti	Chair Exercise, with Esti	Pool Exercise with Yael
		Pool Exercise with Viviane		Pool Exercise with Yael	Pool Exercise with Viviane	
10:35-11:05	Chair Exercise, with Viviane					
11:00 - 12:00			Yoga with Dorit			
11:20-12:15		Yoga for English speakers, Yona Wiseman				
11:30-12:00					Strengthening core muscles, posture & balance, Esti	
11:30-12:15				Bone building Exercise with Yael		
11:30-12:30	Yoga with Dorit					
12:15-13:00						
12:20 - 13:05		Improving Movement Disorders - A lesson for invited residents.	Yoga on Chairs with Dorit			
12:30 - 13:15					Pilatis with Shoshi	
16:30-17:30		Chi Kong - Victoria				