

CLASSES SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30-8:30	Hybrid training	Hybrid training	Hybrid training	Hybrid training	Hybrid training		
	Power Spinning		Power Spinning		Power Spinning		
8:30-9:30	Hybrid training	Hybrid training	Hybrid training	Hybrid training	Yoga		
9:30-10:30	Yoga	Yoga				Hybrid training	
10:00-11:00			Yoga (eng)				Hybrid training
10:30-11:30						Hybrid training	
17:00-18:00	Pilates	*Boxing	Strength & Tone		Pilates		
18:00-19:00	Hybrid training	Hybrid training	Hybrid training	Hybrid training	Hybrid training		
	Power Spinning		Power Spinning		*Boxing		
19:00-20:00	Hybrid training	Hybrid training	Hybrid training	Hybrid training	Hybrid training		
20:00-21:00		Yoga	Pilates				

*Participation at extra charge

*Access to the training is conditional upon pre-registration

*Hybrid training is a mixed fitness program that combines cardio and strength training methods in high intensity with lots of mobility drills to recover and restore your body

OPENING HOURS
SUNDAY-THURSDAY 06:30-22:00
FRIDAY 07:00-19:00
SATURDAY 08:00-19:00

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