



SCHEDULE July/August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10:00 am - Pilates</p> <p>Lisa Vavra STUDIO</p>	<p>7:30 am - Yoga Flow</p> <p>Sarka Soudková DOLPHINARIUM (SEA)</p>	<p>10:00 am - Barre Pilates</p> <p>Lisa Vavra STUDIO</p>	<p>7:15 am - Yoga Flow</p> <p>Emma Grill MARINA TEL AVIV (SEA)</p>	<p>7:15 am - Yoga Flow</p> <p>Rachel Abrahamov STUDIO</p>	<p>10:00 am - Hatha Vinyasa Yoga</p> <p>Emma Grill STUDIO</p>	<p>11:00 am - Special Workshops / Events</p>
<p>10:00 am - Pilates</p> <p>Mica Pomerantz ONLINE</p>	<p>9 am - Vinyasa Yoga</p> <p>Mica Pomerantz ONLINE</p>	<p>19:00 - Ashtanga Vinyasa Yoga</p> <p>Rachel Abramov MARINA TEL AVIV (SEA)</p>	<p>10 am - Yin Yang Yoga</p> <p>Sarka Soudkova STUDIO</p>	<p>8:30 am - Vinyasa Yoga</p> <p>Mica Pomerantz ONLINE</p>	<p>9:00 am - Hatha Vinyasa Yoga</p> <p>Mica Pomerantz ONLINE</p>	<p>19:00 - Pilates</p> <p>Dana Kahan MARINA TEL AVIV (SEA)</p>
<p>19:00 - Hatha Vinyasa Yoga</p> <p>Emma Grill STUDIO</p>	<p>10:30 am - Mommy and Me/ Prenatal Yoga</p> <p>Sarka Soudková STUDIO</p>	<p>19:00 - Pilates</p> <p>Dana Kahan MARINA TEL AVIV (SEA)</p>	<p>11:15 am - Mommy and me - Yoga</p> <p>Emma Grill STUDIO</p>	<p>10:15 am - Pilates</p> <p>Lisa Vavra STUDIO</p>	<p>11:30 am - Pilates Barre</p> <p>Lisa Vavra STUDIO</p>	<p>19:00 - Vinyasa Yoga</p> <p>Bahía Mejliker MARINA TEL AVIV (SEA)</p>
<p>20:00 - Vinyasa Yoga</p> <p>Mica Pomerantz ONLINE</p>	<p>18:45 - Hatha Vinyasa Yoga</p> <p>Rachel Abrahamov STUDIO</p>	<p>20:00 - Barre Pilates</p> <p>Lisa Vavra STUDIO</p>	<p>20:00 - Vinyasa Yoga</p> <p>Bahía Mejliker STUDIO</p>	<p>18:45 - Pilates</p> <p>Lisa Vavra DOLPHINARIUM (SEA)</p>		
			<p>20:00 - Vinyasa Yoga</p> <p>Mica Pomerantz ONLINE</p>	<p>19:00 - Vinyasa Yoga</p> <p>Avigyle MARINA TEL AVIV (SEA)</p>		

*Classes are held with a minimum of 2 students