

FALL 2017

*BLUE: SPIN
*RED: SMALL GROUP



AVID FITNESS
595 Willow Ave
Cedarhurst, NY 11516
516.792.AVID
www.avidstrong.com

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES							
6AM		SPIN® 6AM RISE & GRIND AVI DAGAN	BOOTCAMP (any unlimited) 6AM RISE & BURN SARA FRANKEL	SPIN® 6AM RISE & GRIND SARA FRANKEL	30/30 (any unlimited) 6AM MALKI WINER	SPIN® 6AM RISE & GRIND STEVEN HARTSTEIN	
7AM			SPIN® 7AM ENERGY AVI DAGAN		SPIN® 7AM ENERGY AVI DAGAN		
8AM	SPIN® 8AM ENERGY AVI DAGAN	MORN BURNOUT 8:30AM (women only) MALKI WINER	CIRCUIT FEVER 8:30AM (women only) MALKI WINER	MORN BURNOUT 8:30AM (women only) SARA FRENKEL	YOGA 8AM LOTUS FLOW (women only) DANIELLA SCHERTZ	CIRCUIT FEVER 8:30AM (women only) MALKI WINER	
9AM	SPIN® 9:30AM (women only) CHAVA CHARLAP	SPIN® 9:30AM CYCLE CRAZE (women only) MALKI WINER	SPIN® 9:30AM SPIN® SYNC (women only) SARA FRENKEL	SPIN® 9:30AM POWER PEDAL (women only) MALKI WINER	RUN WILD 9:15AM MALKI WINER <hr/> SPIN® 9:15AM SPIN® SYNC (women only) SARA FRENKEL	SPIN® 9:30AM POWER PEDAL (women only) SARA FRANKEL	
10AM	CORE EXP 10:15AM (women only) AVI DAGAN		CORE EXP 10:30AM (women only) SARA FRANKEL	BOXING EXP 10:30AM (women only) MALKI WINER	CORE EXP 10AM (women only) SARA FRANKEL		
EVENING CLASSES							
1-5PM		AVID KIDZ MINI BOOT 5PM MALKI WINER				TEEN SPIN® 1:45PM CHAVA CHARLAP <hr/> TEEN SPIN® 2:30PM CHAVA CHARLAP	
7PM	TEEN DANCE 7PM CHAVA CHARLAP	TEEN SPIN® 7PM SARA FRANKEL		TEEN SPIN® 7PM MALKI WINER <hr/> JETFIT BODY BOOT 7PM (women only) JETTI GRANT	AVID TEEN 30/30 7PM MALKI WINER		
8PM		SPIN® 8PM SPIN® SYNC SARA FRANKEL	BOOTCAMP 8PM (women only) AVI DAGAN	SPIN® 8PM HAPPY HOUR CYCLE MALKI WINER	SPIN® 8PM FREESTYLE AVI DAGAN		SPIN® 40min after Sundown: SAT NIGHT DANCE PARTY AVI DAGAN
8PM			SPIN® 8:30PM FREESTYLE STEVEN HARTSTEIN				SPIN® SAT NIGHT DANCE PARTY AVI DAGAN
9PM			BOOTCAMP 9PM (men only) AVI DAGAN		AVIDBOX 9PM AVI DAGAN		

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