

FALL 2018

*BLUE: SPIN

* RED: SMALL GROUP



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

6AM

7AM

8AM

9AM

10AM

1-5PM

7PM

8PM

9PM

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING CLASSES

SPIN®

6AM
RISE & GRIND
AVI DAGAN

BOOTCAMP

(any unlimited)
6AM
RISE & BURN
SARA FRANKEL

SPIN®

6AM
RISE & GRIND
MALKI ROTH

30/30
(any unlimited)
6AM
AVI DAGAN

BOOTCAMP

(any unlimited)
6AM
RISE & BURN
SARA FRANKEL

SPIN®

7AM
ENERGY
AVI DAGAN

SPIN®

7AM
ENERGY
AVI DAGAN

SPIN®
30MIN
EXPRESS
7AM
AVI DAGAN

SPIN®

8AM
ENERGY
AVI DAGAN

SPIN®

8:30AM
CYCLE CRAZE
(women only)
MALKI ROTH

BURNOUT

8:30AM
(women only)
MALKI ROTH

BURNOUT

8:30AM
(women only)
SARA FRANKEL

BURNOUT

8:30AM
(women only)
JUDITH ALTHEIM

CIRCUIT

8:30AM
(women only)
SARA FRANKEL

40/20

9:30AM
(spin + core)
AVI DAGAN

BURNOUT

9:30AM
(women only)
JUDITH ALTHEIM

SPIN®

9:30AM
SPIN® SYNC
(women only)
SARA FRANKEL

SPIN®

9:30AM
POWER PEDAL
(women only)
MALKI ROTH

RUN
9AM
MALKI ROTH

SPIN®
9:30AM
SPIN® SYNC
(women only)
SARA FRANKEL

SPIN®

9:30AM
POWER PEDAL
(women only)
MALKI ROTH

CORE

10:30AM
(women only)
SARA FRANKEL

CIRCUIT

10:30AM
(women only)
MALKI ROTH

GLIDER
SCULPT
10:30AM
(women only)
SARA FRANKEL

EVENING CLASSES

AVID GIRLZ
FIT CLUB
(SPIN®)
6PM
SARA FRANKEL

AVID GIRLZ
FIT CLUB
(BOOT)
6:45PM
SARA FRANKEL

AVID GIRLZ
FIT CLUB
(SPIN®)
(HEBREW MUSIC)
6PM
CHAVA CHARLAP

AVID GIRLZ
FIT CLUB
(30/30)
(high school)
6:30PM
SARA FRANKEL

AVID GIRLZ
DANCE
(hip hop)
7PM
(TEEN GIRLS)
CHAVA CHARLAP

AVID GIRLZ
FIT CLUB
(SPIN®)
7PM
SARA FRANKEL

AVID BOYZ
FIT CLUB
(SPIN®)
7PM
AVI DAGAN

AVID GIRLZ
FIT CLUB
(SPIN®)
7PM
SHANI BACH
BOOTCAMP
7PM
JETTI GRANT

SPIN®

8PM
SPIN® SYNC
AVI DAGAN

LIFT
BOOTCAMP

8PM
(women only)
AVI DAGAN

SPIN®

8PM
HAPPY HOUR CYCLE
CHAVA CHARLAP

SPIN®

8PM
FREESTYLE
AVI DAGAN

SPIN®
40min after Sundown:
SAT NIGHT DANCE PARTY
AVI DAGAN

SPARTAN
BOOTCAMP
9PM
(ADVANCED)
JUDITH ALTHEIM

AVIDBOX
9PM
AVI DAGAN

SPIN®
SAT NIGHT DANCE PARTY
AVI DAGAN

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