

Ronit Bordo & Piano
Celebration of Sounds
Tuesdays at 11:00

Spoken Italian for Beginners
Sundays at 12:50
The course is suitable for adults aged 18+

Spoken Arabic
Tuesdays 17:30 | 19:00

Weaving and Textile
with Havatzelet Haramati
Tuesdays at 16:00
For Details and registration | **09-9778800**

Ceramics / Pottery
Potter's wheel, Sculpting and Hand Sculpting
Mondays at 10:00 | Tuesdays at 18:00
Wednesdays at 08:00 | 11:00 - 16:30 | 18:30
Thursdays at 08:00-11:00 | 11:15-14:15

Intuitive Painting
with Inbar Reich
Tuesdays at 18:00

Painting and Drawing
Tuesdays 10:30 | Sundays 17:30

Golden Ballet
Sundays at 11:00
For registration | **09-9778800**

Body-Cognition with Maya
Sundays at 09:00 and 19:30
Wednesdays at 09:00 and 19:30
For details and registration | **052-4217372**

Feldenkraiz with Yarona
Wednesdays at 10:00-11:00 | 11:15-12:15

Yoga Ashtanga-Vinyasa-Yin Yoga
Sundays - Fridays | For details and registration
Bell **054-3911788**

Power Pilates-Cure workout
Thursdays at 09:30 | For details and registration
Bell **054-3911788**

Golden Yoga with Linda Aharon
Soft Vinyasa yoga method designed for age 50+
Tuesdays 08:30 | Friday 08:50
For details and registration | **09-9778800**

Nili Dance Studio
Dance lessons from ages 4 to 18
Ballet, Accordance, Hip Hop, Jazz Accordance and
Modern. For details and registration | **054-7706067**

Zumba with Liron
Sundays-Fridays
For details and registration | **050-5370827**

Dance Therapy with Karin Bloom
Wednesdays at 9:00-10:15
For details | **0506420476**

Life Dance
Mondays at 20:30
For details and registration | **09-9778800**

Ballet 20+ with Yagur Manshikov
Mondays at 10:30-11:45
For details and registration | **09-9778800**

Ga-ga - People
Tuesdays at 20:00 and 21:00 | Friday at 10:30
For details and registration | **09-977880**

Boogie Woogi with Rennana Raz
From age 3 by age groups
Tuesdays at 16:00 and 17:00
For details and registration | **053-4768876**
www.boogueladmin.com

Modern dance 20+ with Hadar
Mondays at 09:00
For details and registration | **09-9778800**

Nia
is more than a workout.
It's an holistic fitness practice.
Sunday 20:15 | Tuesday 08:40