



EVELYN RUBENSTEIN JCC
HOUSTON

LAURIE AND MILTON BONIUK
WELLNESS CENTER

GROUP EXERCISE PM SCHEDULE

EFFECTIVE August 24, 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00 PM - 1:00 PM LES MILLS BODY PUMP Randi - Studio 1	12:00 PM - 1:00 PM LES MILLS BODY PUMP Randi - Studio 1	4:30 PM - 5:15 PM BARRE FUSION Renee- Studio 2	12:00 PM - 1:00 PM LES MILLS BODY PUMP Randi - Studio 1	4:15 PM - 5:00 PM STRENGTH TRAINING Ellen - Studio 1	12:30 PM - 1:15 PM BARRE FUSION Stephanie - Studio 2
1:15 AM - 2:00 PM FOAM ROLL RECOVERY Randi - Studio 1	4:15 PM - 5:00 PM YOGA SCULPT Traci - Studio 2	5:15 PM - 5:45PM VIRTUAL LES MILLS BODYCOMBAT Virtual - Studio 1	4:15 PM - 5:00 PM CARDIO POWER PILATES Traci - Studio 2	5:15 PM - 5:45 PM VIRTUAL LES MILLS BODYCOMBAT Virtual - Studio 1	
	5:30 PM - 6:20 PM CONTEMPORARY PILATES Ellen - Studio 1	5:30 PM - 6:20 PM YOGAPILA Gudrun - Studio 2	5:30 PM - 6:20 PM BARRE FUSION Ellen - Studio 2	6:00 PM - 6:50 PM WOMENS ONLY ZUMBA Renee - Studio 1	
	5:30 PM - 6:20 PM YOGA THERAPEUTICS Allison - Studio 2	7:00 PM - 7:50 PM PEACEFUL YOGA Gudrun - Studio 2	6:30 PM - 7:20 PM PEACEFUL YOGA Gudrun - Studio 2	6:15 PM - 7:00PM AQUA FITNESS Sheven - Indoor Pool	
	6:30 PM - 7:15PM AQUA FITNESS Sheven - Indoor Pool	7:00 PM - 8:30 PM ISRAELI FOLK DANCE*** Shira - LL 109	6:30 PM - 7:15 PM LES MILLS BODY PUMP Angela - Studio 1	7:00 PM - 7:50 PM SLOW FLOW Taylor - Studio 1	
	6:30 PM - 7:15 PM LES MILLS BODY PUMP Angela - Studio 1		6:45 PM - 8:00 PM BALLET II*** Gladysue - LL 109	7:15 PM - 8:15 PM WOMEN'S SELF DEFENSE*** Gee Gee - LL 109	
	6:30 PM - 7:20 PM HATHA YOGA Allison - Studio 2				

AQUATICS

CARDIO

MIND/BODY

SENIOR ADULT

STRENGTH

****FEE BASED & REGISTRATION REQUIRED**

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PLEASE NOTE:

- Classes and Instructors are subject to last minute changes
- No member access after 10 mins of start class
- Children under 11 yrs are not permitted in the studios

Kid Care Hours:
Monday - Thursday 8:30 AM - 12:30 PM,
4:00 - 8:00 PM
Friday - Saturday 8:30 AM - 12:30 PM
Sunday 8:00 AM - 1:15 PM