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13th November 2025 ברשת חיי שרה תשפ"ו הדלקת נרות 15:56 | מוצאי שבת 17:05 | לר"ת 17:24 the helpline **© 0330** 127 3333

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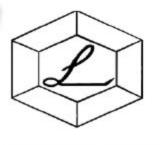
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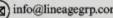
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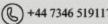
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BUMS.

9:15 06:30 LEGS.

BODY PUMP

09:30

I PUMP

10:30 PILATES 09:45

BURN

+ TONE

10:15

TUMS

CIRCUIT

9:30

BURN

10:30

11:30

20:15

11:15

SHRED

BUMPS + BABES

ZUMBA + TONE

PILATES

10:30 PUMP



7:30

NEW 18:30

NEW 18:30

IT UP

CIRCUIT

TEEN ZUMBA + TONE YRS 7+8 21:15

ZUMBA

+ TONE

TEEN

MOTZEI

NEW 1.5 hrs after

HAVE YOU **HAD YOUR**

CLASS?

8:30 TOTAL BODY SCUPLT

19:30

PUMP IT UP

ZUME YRS 9+10

MOVE *exact time confirmed upon booking



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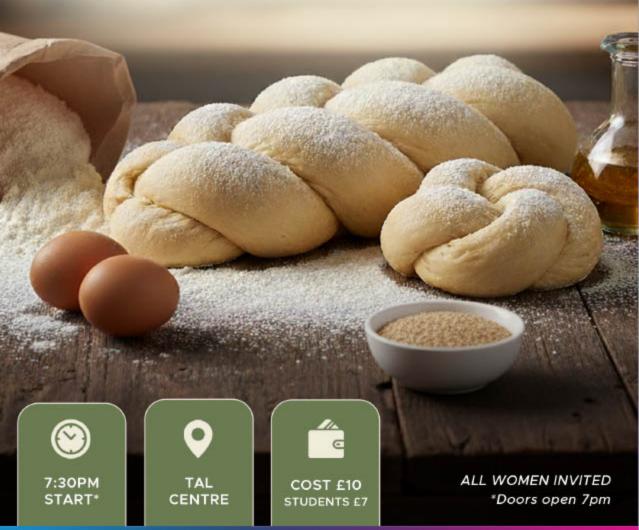
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Rosh Chodesh Kisley

Challah Bake

THURS 20TH NOVEMBER





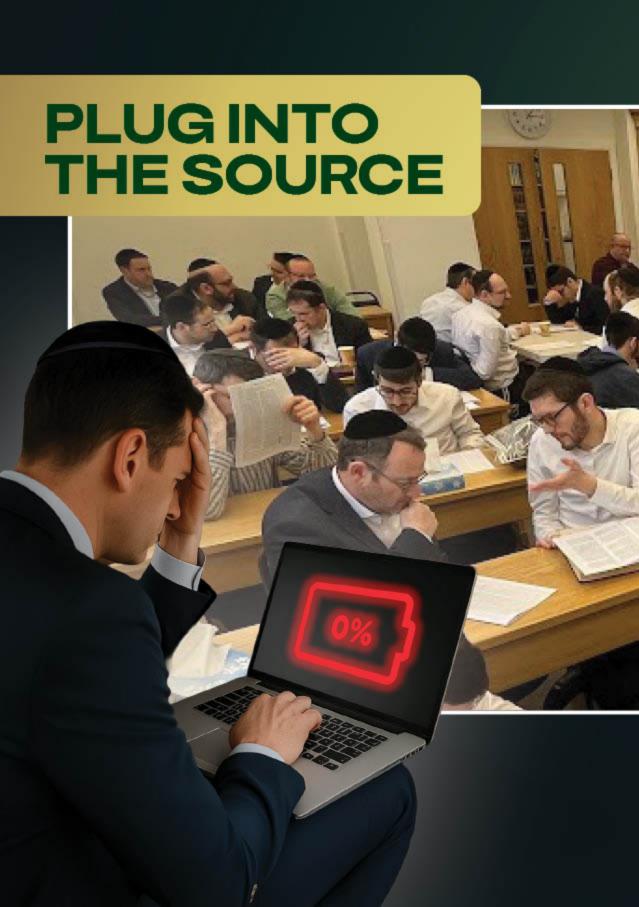


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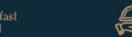








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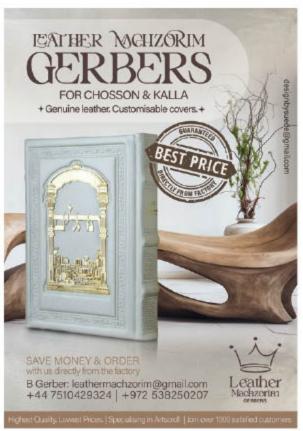






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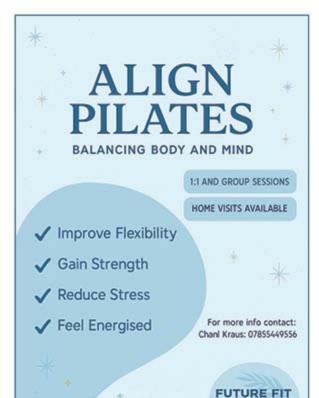
















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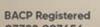
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Sudoku Rules:

The game is played on a 9×9 grid, divided into nine 3×3 smaller boxes. Some numbers (1-9) are already filled in as clues.

The goal is to fill in all the empty squares so that: Each row contains the numbers 1 to 9, with no repeats. Each column contains the numbers 1 to 9, with no repeats. Each 3×3 box contains the numbers 1 to 9, with no repeats. Every number 1–9 must appear exactly once in every row, column, and 3×3 box.

There is only one correct solution to each puzzle.

					7	3		
	7		3	9				2
8		5				6		
7		4			1		5	
5	9							7
							6	5
3				2				1
				1	8		9	

					7	3		
	7		3	9				2
8		5				6		
7		4	F		1		5	
5	9							7
							6	5
3				2				1
				1	8		9	





















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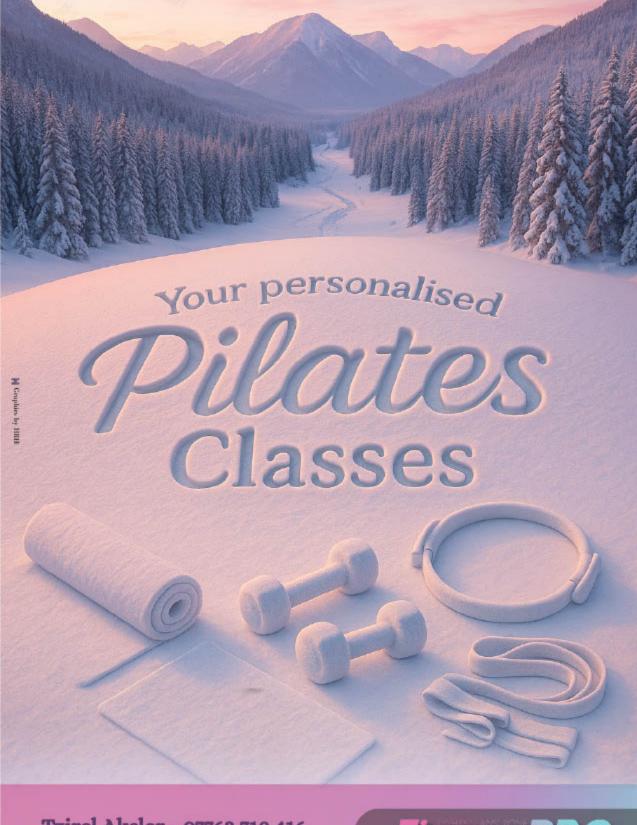
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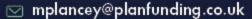
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Leading the strategic vision and implementation of personal development and wellbeing to support every child's growth and success.

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Closing Date: Monday 1st December 2025 at 9:00am

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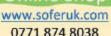






















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	SAGE" (V)		ma 9.20	ישפר דום			
4.0	100 217 700* 772	ווא) אבריי בפריי	ma 930	ישפר דום	לב - ב) פרידום ליין		
	Green Walk* (T-2)	25 Gree	mg 9.40	ישפר דוב			
	7272 4.01-4.09		12m 9.50	242 187			
4.2	וד ה) ביה ישפר חוב		772 10.00	ו בית יספר חוב, בית שמואל, מור, טר ישראל, עין חיים			
	(א ב כ) ביה ישפר חוב		21.00 000	ת ישראל, פאדינורא, פיני, תהילה אה	75		
	מית) בית שמאליי		10 10.20	ע בית יספר רוב			
4.0	(א ב נ) ביה שמאל"		20 11.00	11.40 ניה ישפר רוב			
4.4	"ארשינידיוו		NO 12-00	217 *00*			

12.40	12.20	
(2-2)	12.45	
בית אבר	1.00	
PRILITE		
(2-2)		
(T-N)	1.02	
150 773		
Balk (N)	1.15	
בית יבס	1.20	
(2-2)	1.50	
00, 1,2	1.40	
(2-2)		
ברידום	1.45	
(2-2)		
(2-2)		
001773	2.00	
7-2.20		
20, 1,2	2.30	
00.10	3.00	
20, 32	3.20	
10.00	3.50	
001.772	3,40	
ברידונ		
172 (7)		
TETTET	3,55	
נוסטו ים		
YE (N)		
CE. (4)		
00, 110		
(2-2)		
1-1.09		
3 (27)	4.25	
102M		
2 (77)		
(227)		
PETTI	4.48	

מנחה שבת		ערב שבת	
תענדאן עדת, כחויקי הרת ברירוש ליין		מנחה גדולה	
בית אברהם, סיני	-	בית ישכר דוב	12.15
בית שמואל, עץ חיים קתילת אחל משה		עץ היים	12.30
23 Green Walk		3.56 הדלקת הגרות	
בית ישכר דוב, תורת משה Isser 63 Cranboume Gdns	1.00	מנחה וקבלת שבת	
סיני	1.45	גייג ביית, דאנסטן רד	3.55
בית אברהם	2.00	הענדאן עדת, תורת היים	
חושקי חחוש 2.20		SACE	
ברכ ברה	2.15	אברכים, אלכסנדר, אמרי שפר	3.56
עץ חיים	3,20	בית אברהם, בית ישראל	
בית ישבר דוב	3.25	בית תפילה, גור, וויידיטשקא	
4.0	3.30		
SAGE	3.35	סיני, צץ חיים	
אור הדש, בית אברהם		קהילת אהל משה, תורת משה	
ראנסטן רד, כתפיקי הדה	3.45	בחזיקי הדת	3.57
קתילת אחל משח	1000	ברידוש ליין	3.58
נור	3.46	בית ישכר רוב	3.50
אלכסנדר, גייג בייה	3.50	אור חדש	10000
תורת חיים		4 m m	4.01
שערי תפילה		בית שמואל, נשמת ישראל	4.06
ברידוש ליין			4.00
פאסוב, תפארת ישראל	3.55	סאסוב, תפארת ישראל	
בית שמואל	3,55	23 Green Walk	4.10
23 Green Walk	4.00	עטרת צבי	4.12
ווייריטעקא, פֿערטרייען		מאורות חיים	4.30
אטרי שפר, בית ישטר דוב	4.05		-12-0
בשמת ישראל, שטרת צבי			

Currency Exchange

Code	Currency	Units \ GBP	Unit
USD	US Dollar	1.30	0.75
EUR	Euro	1.13	0.86
ILS	Israeli New Shekel	4.27	0.22
CHF	Swiss Frank	1.06	0.94

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266	5:03	5:02	5:01	5:00	4:58	4:57

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