

Bodytree Studio ADULT DANCE AND FITNESS SCHEDULE January

MORNING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	KEY
8:45am	Bodytree Body Dance Cardio* First Class 13 Jan 8:45-9:30am (Anissa)	Bodytree Body* Advanced (Nadia & Anissa)	Bodytree Body Bounce* (Anya)	Bodytree Body Advanced* (Nadia/Anissa)	Strong by Zumba (Ceci)			Bodytree Body (BTB) and Xtend Barre classes with * require pre-booking & pre-payment. Trainers must be worn for all BTB & Dance Cardio classes.
10am	Bodytree Body Shred First Class 13 Jan 9:45-10:45am (Anissa)	Xtend Barre* (Anya)	Xtend Barre (Anissa)	Bodytree Body Bounce* 10:35- 11:35 AM (Anya)	Xtend Barre* (Anya)		Teen/Adult Contemporary and Ballet First Class 12 Jan 10:45am-12pm (Yvette/Susie/Kiori)	All classes are ladies only unless specified as mixed. We suggest pre-booking to avoid disappointment. For classes with an asterisk* we highly recommend pre-booking.
11am / 12pm Please check individual class times.	Adult Ballet Intermediate 12-1:15pm (Susie)							Please tie your hair up for adult ballet and note ballet shoes are required.
EVENING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
4pm / 5pm Please check individual class times.				Teen/Adult Adv Modern First Class 30 Jan 4-5pm (Susie)				All classes are subject to change of instructor. If you have any questions about classes or times, please call us on 02 443 4448 or 02 444 1118, or email info@bodytreestudio.com .
		Teen/Adult Adv Ballet First Class 28 Jan 4:30-5:45pm (Susie)		Teen/Adult Hip Hop First Class 30 Jan 5:30-6:30pm (Nadar)				
6pm	Bodytree Body Bounce* 6:30- 7:25pm (Anya)	Bodytree Body 6:30-7:30pm (Anya)	Xtend Barre 6:30-7:30pm (Anya)	Bodytree Body 6:30-7:30pm (Anya)				
7pm			Teen/Adult Adv Ballet First Class 29 Jan 7:30-8:30pm (Miia)	Teen/Adult Belly Dance First Class 9 Jan 7:45-8:45pm (Ekaterina)				