

Bodytree Studio ADULT DANCE AND FITNESS SCHEDULE June

MORNING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	KEY
8:45am	Bodytree Body Dance Cardio* Last Class 23 June 8:45-9:30am (Anissa)	Bodytree Body* Advanced (Nadia & Anissa)	Bodytree Body Bounce* (Anya)	Bodytree Body Advanced* (Nadia/Anissa)	Zumba & Tone Last Class 20 June (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 Last Class 23 June 9:45-10:45am (Anissa)	Xtend Barre* (Anya)			Xtend Barre* (Anya)			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)			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	
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)				All classes are subject to change of instructor. If you have any questions about classes or times, please call us on 02 442 4448 or 02 444 4448.