

## Bodytree Studio ADULT DANCE AND FITNESS SCHEDULE September

MORNING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	KEY
8:45am	<b>Bodytree Body Dance Cardio*</b> 8:45-9:30am (Anissa)	<b>Bodytree Body* Advanced</b>  (Nadia & Anissa)	<b>Bodytree Body Bounce*</b>  (Anya )	<b>Bodytree Body Advanced*</b>  (Nadia/Anissa)	<b>Zumba &amp; Tone</b>  (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	<b>Bodytree Body Shred</b> 9:45-10:45am (Anissa)	<b>Xtend Barre*</b>  (Anya)	<b>BTB Jumpstart</b>  (Mouna)		<b>Xtend Barre*</b>  (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.
1pm Please check individual class times.	<b>Adult Ballet Intermediate</b> 1:00-2:15pm (Susie)		<b>Adult Contemporary Intermediate</b> 1:00-2:15pm (Susie)		<b>Adult Ballet Intermediate</b> 1:00-2:15pm (Susie)			Please tie your hair up for adult ballet and note ballet shoes are required.
EVENING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6pm	<b>Bodytree Body Bounce*</b> 6:30-7:30pm (Anya)	<b>Bodytree Body</b> 6:30-7:30pm (Anya)	<b>Xtend Barre</b>  (Anya)	<b>Bodytree Body</b>  (Anya)				All classes are subject to change of instructor. If you have any questions about classes or times, please call us on 02 449 4449 or 02 444 4449.