

# ADULT DANCE AND FITNESS SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
8:45am	8:45am - 9:30am <b>Bodytree Body Dance Cardio*</b> 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		
10:00am	9:45-10:45am <b>Bodytree Body Shred</b> Anissa	<b>Bodytree Barre*</b> Anya			<b>Bodytree Barre*</b> Anya		
1:00pm Please check individual class times.	1:00pm - 2:15pm <b>Adult Ballet Intermediate</b> Susie		1:00pm - 2:15pm <b>Adult Contemporary Intermediate</b> Susie		1:00pm - 2:15pm <b>Adult Ballet Intermediate</b> Susie		
6:00pm	6:30pm - 7:30pm <b>Bodytree Body Bounce*</b> Anya	6:30pm - 7:30pm <b>Bodytree Body</b> Anya	<b>Bodytree Barre</b> Anya	<b>Bodytree Body</b> Anya			

**Bodytree Body (BTB) and Xtend Barre** classes with \* require pre-booking & pre-payment.

Trainers must be worn for all BTB & Dance Cardio classes.

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.

Please tie your hair up for adult ballet and note ballet shoes are required.

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](mailto:info@bodytreestudio.com).

