

BODYTREE CLASS SCHEDULE



	Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
8:00am	8am - 9am BTB Anya		8:30am - 9:30am Yoga Joelle	8am - 9am BTB Barre Anya	8am - 9am BTB Jumpstart Mouna	9am - 10am Yoga Joelle
9:00am		9am - 10am BTB Jumpstart Mouna			9:15am - 10:30am Ashtanga Yoga Joelle	
10:00am		10am - 11:00am Prenatal Yoga Zelmare			10:30am - 11:30am Zumba Mariana	
11:00am		11:15am - 12:15pm Yoga Therapy Zelmare			11am - 12pm Mindful Morning Joelle <small>(1st Thursday of every month)</small>	

4:00pm					3:30pm - 4:30pm Hip Hop 3 (ages 11 to 15) Nader	
5:00pm						
6:00pm	6:15pm - 7:15pm Hip Hop 3 (ages 11 to 15) Nader					
7:00pm	7:30pm - 8:45pm Yoga Didier		7:30pm - 8:45pm Yoga Didier			



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.