



LIVE ONLINE CLASS SCHEDULE

WEEK 3

APRIL 26TH - MAY 2ND

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30AM			POWER YOGA DIDIER	POWER PILATES CARLOS			
9:30AM						HIIT CARLOS	(10AM) BTB BOUNCE ANYA
11:00AM			PRENATAL YOGA ZELMARE			POWER YOGA DIDIER	ABS O'CLOCK MARIANNE TAFANI
12:30PM	YIN YOGA JACQUIE				ZUMBA CECI		

2:30PM		BTB BARRE ANYA	FULL BODY FLOW PILATES ANITA		BTB BARRE ANYA		YIN YOGA JACQUIE
4:00PM	POWER PILATES ANYA	DANCE CARDIO ANISSA	BTB JUMPSTART MOUNA	BODYTREE BODY ANISSA & NADIA	POWER PILATES WITH PROPS ANYA		
5:15PM	GENTLE FLOW SHAHAD	YIN YOGA JACQUIE	YOGA THERAPY JOELLE	FULL BODY FLOW PILATES ANITA	HIIT CARLOS		FULL BODY FLOW PILATES ANITA
	BODYTREE BODY ANYA		BODYTREE BODY ANYA				
6:00PM					ASHTANGA JOELLE		HATHA FLOW DIDIER
8:30PM		RAMADAN MINDFULNESS JOELLE	STRETCH N SNOOZE ANGELA	RAMADAN MINDFULNESS JOELLE			

Note: Class schedule is subject to change. Please check back to our website regularly for more information.
Private classes with instructors are available upon request. Please contact info@bodytreestudio.com
All ESD classes are 30 minutes long unless stated otherwise.