

# LIVE ONLINE CLASS SCHEDULE



**bodytree**  
MOVEMENT

WEEK 1

APRIL 12TH - 19TH

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30AM			POWER YOGA DIDIER		PILATES MAT CARLOS		
9:30AM						HIIT CARLOS	
11:00AM						POWER YOGA DIDIER	POWER YOGA SHAHAD
12:30PM	YIN YOGA JACQUIE	PILATES MAT ANITA		KUNDALINI YOGA MADALENA	ZUMBA CECI		
2:00PM		BTB BARRE ANYA			BTB BARRE ANYA		YIN YOGA JACQUIE
3:30PM	PILATES MAT ANYA	DANCE CARDIO ANISSA	BTB JUMPSTART MOUNA	BODYTREE BODY ANISSA & NADIA	PILATES MAT ANYA		
5:00PM					HIIT CARLOS		PILATES MAT ANITA
6:00PM	BODYTREE BODY ANYA	YIN YOGA JACQUIE	BODYTREE BODY ANYA	HATHA FLOW JOELLE			
7:00PM			STRETCH N SNOOZE ANGELA				VINYASA YOGA DIDIER

EMIRATES SCHOOL OF  
**DANCE**



WEEK 1

APRIL 12TH - 19TH

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00AM	FAMILY YOGA (AGES 4+) MADALENA						
10:00AM			MUMMY & ME (AGES 2 - 3) AMIE				
3:00PM		FAMILY MINDFULNESS (AGES 5+) NICOLA	BALLET 1 MILA	FAMILY YOGA (AGES 4+) SHAHAD	DANCE PREP A/B (AGES 3 - 4) ANNAISE		
4:00PM	BALLET 2 MILA	HIP HOP 2 (AGES 5 - 7) NADER	JAZZ 1/2 (AGES 8 - 10) AMIE	HIP HOP 1 (AGES 5 - 7) NADER	DANCE PREP C/D (AGES 5 - 6) ANNAISE		
5:00PM	CONTEMPORARY 1/2 (AGES 9+) ANNAISE	FAMILY HIP HOP (AGES 5+) NADER	BALLET 3 MILA		TAP 1 (AGES 5 - 7) ANNAISE		
5:00PM (60 MINUTE CLASSES)	BALLET 4/5 + POINTE MILA		JAZZ 3 (AGES 11 - 15) AMIE	HIP HOP 3 (AGES 11 - 15) NADER	BALLET 4/5 + POINTE MILA		

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](mailto:info@bodytreestudio.com)

All ESD classes are 30 minutes long unless stated otherwise.